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Spring into action

Hit the season running — or biking. Page 9

LIZ BEDDALL/METRO

Toronto real-estate market warms up with the weather

Housing. Experts expect demand to stay high as immigration continues and millennials enter their prime homebuying years

Rock-bottom interest rates, a scarcity of supply and growing demand from millennials and wealthy immigrants have fuelled a strong start to the spring real-estate season in Toronto and Vancouver.

"Spring has come early for both Toronto and Vancouver," said Sal Guatieri, a senior economist at BMO Capital Markets.

Both cities experienced growth in sales volumes and prices during the first two months of the year, Guatieri said.

"I would expect the spring market to be quite hot in both cities — but that will be the exception across the country, not the norm."

In Toronto, February home sales grew by 11 per cent from a year ago, while prices jumped nearly eight per cent, according to statistics from the Toronto Real Estate Board. That's despite the fact that it was one of the coldest Februaries on record for the city.

"I've always said that our climate naturally has a natural cooling effect on our real-estate market," said Claude Boiron, a Toronto-based broker with Royal LePage Terrequity Realty. "You would think this year, with the extreme cold, that there would have been an extreme cooling, but that really didn't happen. The amount of demand just continues to increase."

Quoted

"The amount of demand just continues to increase."

Claude Boiron, Toronto-based broker with Royal LePage Terrequity Realty

The number of active listings — which indicates the supply of homes for sale — at the end of February dropped by 8.7 per cent from a year ago, leading to heightened competition between buyers.

As immigrants continue to flock to Toronto and Vancouver and millennials enter their prime homebuying years, demand for housing will remain strong, Guatieri said. Toronto and Vancouver's real-estate markets will only start to cool once interest rates begin to rise, he added.

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2015 RIO LX MT

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Rio4 SX with Navigation shown‡
Cash purchase price $22,514

HWY / CITY 100KM*: 6.3L/8.8L

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Soul SX Luxury shown‡
Cash purchase price $27,195

HWY / CITY 100KM*: 7.8L/9.9L

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Sorento SX AT AWD 7-Seat shown‡
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Elections. Weekend voting urged

Ontario elections should be held on a weekend or school holiday in the spring to boost turnout, Ontario's chief elections officer says in a new report that repeats his call for campaign spending limits on interest groups.

Greg Essensa urged Premier Kathleen Wynne's government Tuesday to change the Elections Act to move the fixed election date every four years to June instead of the first Thursday in October.

This would avoid conflicts with late October municipal elections — as would have happened last fall had Wynne's minority government not been defeated on its spring budget — and have voters heading to the polls in a month when there are fewer religious holidays and better weather.

"Closely placed elections can lead to voter fatigue and a drop in participation at the polls," Essensa warns in his report. He also notes that June elections, which follow the planting season, are better for farming communities preoccupied with fall harvests.

The fall schedule was established in legislation passed by former premier Dalton McGuinty's government.

Essensa also called for the government to establish an independent commission to study limits on campaign spending by interest groups, which try to influence the result in what has become an "uneven playing field."

"In recent elections, certain third parties have increased significantly what they spend on advertising," Essensa said.

TORSTAR NEWS SERVICE

Gillian Wasser's multi-pronged approach to landing a job includes postcards in the mail, social-media feeds, a website, a press kit and, of course, a Buzzfeed quiz. CONTRIBUTED

Desperate times call for unusual measures

Employment. Woman hopes Buzzfeed quiz — part of a broader multimedia campaign — can help her land strategic marketing gig

ROSEMARY WESTWOOD
rosemary.westwood@metronews.ca

If you want to hire Gillian Wasser, first answer this: what Pantone colour are you?

In the age of the ever-more-desperate job hunter, the unemployed Wasser has pushed the envelope even further, adding a Buzzfeed quiz to her portfolio.

Quoted

"I'm not the type of person that I thought would do this."
Gillian Wasser

The quiz is part of Wasser's multimedia campaign #DreamJob4Gillian, which started Monday and is aimed at finding — you guessed it — her dream job at a Toronto marketing agency.

"I'm trying to find the right fit for me," Wasser said. "I'm interested in a specific field and I want to launch my career."

She has her hopes set on a job in strategic marketing, working on multi-pronged campaigns. So she launched one herself, complete with postcards and posters, social-media feeds, a website, a press kit, a $200 budget and a three-week deadline.

"There's always a risk that it won't work," she said. "I'm hoping they'll see I put myself out there and I'm not afraid of a challenge.

"If it doesn't work, that's something for me to learn from."

Wasser was inspired by the success of a University of Toronto grad who recently landed a marketing job — and plenty of attention — after taking her job hunt to the streets with a "Hire Me" sandwich board.

Wasser acknowledges her campaign is not something that people who know her might expect.

"But I thought if this is something I really want, I have to go out and get it," she said.

So far, 57 people have visited the tongue-in-cheek Buzzfeed quiz, which takes shots at the popular Cards Against Humanity game and the cliché of the well-stocked agency beer fridge.

"Hopefully they'll see I know how to create sharable content and I'm aware of the relevant platforms," Wasser said.

She's given herself until March 27 — the end date of the #DreamJob4Gillian campaign — to find out.

GO exploring Quiet Zones

Transit. Customers surveyed on whether they want popular feature added to the bus service

GO Transit is quietly exploring the possibility of adding no-talking sections to its buses.

The transit agency hasn't formally decided to go ahead with the idea, and there's no timeline yet.

But GO has been surveying customers on whether they would like to see Quiet Zones, introduced on trains in 2013, added to the bus service.

"Staff are investigating the possibility of creating a quiet area on the bus fleet, as it may not only provide some increased comfort to our bus customers, but also assist in keeping distractions away from the drivers," said Metrolinx spokeswoman Anne Marie Aikins.

The Quiet Zones on GO trains are "a very appreciated feature, and we have received a number of requests from customers who love it to implement the same service on GO buses," she said.

During rush hours, upper tiers of GO coaches are considered Quiet Zones, where riders are discouraged from talking together or on their phones and they're asked to turn down their electronics.

The Quiet Zones aren't policed, but train riders will frequently explain the rules to fellow passengers who don't follow them.

TORSTAR NEWS SERVICE

A GO bus waits at Toronto's downtown terminal on Oct. 15. TORSTAR NEWS SERVICE

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Education. Board to vote on teacher, staff cutbacks

Toronto Catholic board

The Toronto Catholic board is also considering cuts to teaching ranks and special education staff as it grapples with a $42.5-million shortfall.

- It is considering axing all 57 primary and junior literacy intervention teachers, as well as its remaining 45 teacher-librarians — replacing them with lesser-educated library technicians, who earn roughly half the salary — as well as reductions to special education staff who serve the neediest students.

The Toronto public board is looking at axing hundreds of teaching positions — some because of declining enrolment — as well as teachers and staff who serve special education students because of funding cuts from the provincial government.

Trustees will vote on the cutbacks at a meeting Wednesday night. If approved, the changes are not expected to lead to any teacher layoffs because of attrition.

The board is estimating a small jump in enrolment in elementary schools — 200 students — and a drop of 2,200 students in its high schools, as a result of changing demographics.

The proposal before trustees includes:

Elementary teachers: Losing 98 positions, from 10,807 full-time equivalent positions, down to 10,709.

High schools: Moving from 5,065 to 4,896.5 full-time positions, a decrease of 168.5.

Special education teachers: cutting 22 elementary and 5.5 secondary teacher positions.

Special education support staff: Loss of 33.5 positions, from 2,486 to 2,452.5.

English as a second language: 59 fewer elementary teachers, 34 fewer secondary.

School secretaries: Loss of 8.5 full-time positions, from 1,052 to 1,043.5.

Loss of two elementary vice-principal positions, loss of three at the secondary level.

No changes to the ranks of educational assistants, early childhood educators, school-based safety monitors (also known as hall monitors), lunchroom supervisors, swim instructors, food program assistants (working in high school culinary arts programs) or caretakers. TORSTAR NEWS SERVICE

Taxis

Beck to launch Uber-style app

Uber's smartphone-based taxi service has been decried as unsafe by taxi companies, derided as unfair by competitors and declared illegal by city bureaucrats.

While the San Francisco-based company faces backlash in cities across North America, and with a taxi industry set on defending its market share, here in Toronto, one cab company is taking a different tack.

Instead of trying to beat 'em, Beck Taxi has decided to join 'em.

For the past several months, Beck has been testing a new app that would show passengers a map and give a real-time estimate for how long a cab would take to arrive, according to taxi fleet operator Sam Moini, who runs 30 cabs with Co-op, Crown and Beck.

Passengers would know the taxi number before it gets there and could pay with a credit card on their phone, Moini said, while retaining the option of traditional payments, including cash, credit and debit cards in-car.

TORSTAR NEWS SERVICE

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‘Tuition indexation’ hot potato for York U’s graduate students

Post-secondary education. You may not have heard about the central sticking point that in the university strike

JESSICA SMITH CROSS
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Classroom impact

- Classes have been disrupted at York during the strike.
- Teaching assistants remain on strike at University of Toronto with no date set for a return to the bargaining table. Classes are in session.

Graduate assistants and teaching assistants have been on strike at York University since March 3. Contract faculty has approved a new collective agreement. TORSTAR NEWS SERVICE FILE

A unique tuition deal for graduate students has played a major part in York University’s past labour disputes — and it’s back in a starring role for the current strike.

“Tuition indexation” is York’s term for a policy that says if the university raises graduate tuition, it must compensate students who work as graduate assistants and teaching assistants by the same amount, said CUPE communications officer Kevin Wilson.

It’s meant to protect them in case the university chooses to raise their tuition more than it raises their pay, he said.

The union first got the policy written into a contract in 1998, and it’s been in every collective agreement since, Wilson said.

The issue was central to the 78-day strike in 2000-01, when the university sought to stop offering it to new students but eventually gave in. As a result, graduate students who work for the university pay tuition that’s, essentially, frozen at the rate set in the late ’90s, said Wilson. The union estimates this saves students about $4,500 a year compared to those at other Ontario universities, none of which have the same deal.

But that could be changing.

The university has recently started interpreting language in the agreement differently than the union, Wilson said.

The union claims the deal means tuition should be indexed to 1998 rates, and the university claims it means each student’s tuition should be indexed to the rate it was at the beginning of their own studies — a difference that means thousands of dollars for some students.

The two have been fighting the issue in arbitration.

The latest settlement offer was rejected by two bargaining units on Monday. It contains the language used in the most recent collective agreement — which is the language the two sides can’t agree on.

In a message to union members posted online before the vote, the union executive said it had tried to win that fight by negotiating their definition of indexation into the latest agreements, but were unable to do so.

“Clearly it’s very important to those members,” said Wilson. “They felt the language (in the settlement offer) wasn’t something they could live with.”

Choreographer isn’t afraid to show scars

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Marie France Forcier created her new piece at Harbourfront Centre, Scars Are All the Rage, to explore the repercussions of abuse. COURTESY WALTER LAI

Quoted

“Abuse and trauma are harsh realities, and it was important for me to portray that in my artistic production.”

Marie France Forcier, Toronto choreographer

Choreographer Marie France Forcier warns her latest piece may be too graphic for some audience members.

Titled Scars Are All the Rage, the piece explores the sensitive issue of trauma as a consequence of abuse, she said.

“It’s raw, and definitely not a piece for children,” she said of her new, 30-minute-long contemporary dance piece that will premiere Thursday at the Harbourfront Centre.

“Abuse and trauma are harsh realities, and it was important for me to portray that in my artistic production.”

The Leslieville resident said she drew inspiration from her graduate research on portraying post-traumatic stress disorder through choreography. The piece seeks to repel a growing culture where people can consume violence as a means of entertainment, she said.

“Anybody with a phone can now film someone being beat up and post it online,” she said, adding that the quick sharing often leads to discussions that may become inappropriate.

Performers in the dance piece try to convey messages on how abuse is a learned behaviour and leaves consequences on the body and mind of the abused, she said.

Movements of the performers look disoriented, as a way to depict honesty of the physical response to the abuse, Forcier explained.

The piece also takes a twist on traditional ways of looking at abuse — good guy versus bad guy — showing that the perpetrator may also be the victim, as someone who suffers from psychological trauma, she said.

“It was important for me to show the vulnerability of both sides through my dancers,” she said. “They may be bad guys but that comes from somewhere. It’s not always gratuitous.”

Scars Are All the Rage will be at Harbourfront Centre through Saturday. Forcier’s previous works have been commissioned in festivals around Canada, the U.S., France, India and China.

Brampton

Three schools secured after firearm report

Three Brampton schools were placed under a “hold-and-secure” restriction Tuesday afternoon after police received a report from a student of a male person with a firearm in the area.

A report of the sighting near Heart Lake Conservation Area triggered safety responses at three schools: Robert H. Lagerquist Sr. Public School, Terry Fox Public School and Sacred Heart School.

The report came in at around 12:45 p.m., say police, and security precautions were taken. Peel Regional Police sent K-9 units and tactical officers to the area.

A hold-and-secure restriction halts movement into and out of the school during an emergency.

Precautions were lifted at around 2:15 p.m. after a search provided no results.

TORSTAR NEWS SERVICE

Mississauga

Apparent firearm found with unconscious man

Peel Region paramedics found an apparent firearm with an unconscious man in a taxi near Square One Mall in Mississauga on Tuesday.

The cab driver called responders at around 8:30 a.m. for an unconscious man in his 20s in the back seat. When they arrived at Centre View Drive and Station Gate Road, they took the man to hospital, discovering what appeared to be a gun, Peel police said.

TORSTAR NEWS SERVICE

East York

Man, 85, struck by vehicle

An 85-year-old man was taken to hospital with a serious head injury after he was struck by a vehicle in East York Tuesday morning, police say.

The incident at Mortimer and Greenwood avenues was reported at about 6:50 a.m.

The vehicle’s driver called in the collision and remained on scene, police said. TORSTAR NEWS SERVICE

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Legislation that would crack down on distracted drivers in Ontario has a lot of perks for cyclists as well, Toronto advocates say. LIZ BEDDALL/METRO

Debates focuses on distracted cyclists

Transportation. Cycle Toronto director says focus should be on penalizing drivers

LUKE SIMCOE
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A proposal to treat cyclists caught texting on two wheels the same as distracted drivers is getting a lukewarm reception in Toronto.

Politicians at Queen's Park are debating Bill 31, which would amend the Highway Traffic Act to include stiffer penalties for distracted driving. Ottawa police Sgt. Mark Gatien sent a letter to the legislature this week, urging MPPs to change the wording of the bill so that it applies to all vehicles, not just cars.

"Our hands are presently tied with cell phone infractions being committed on bicycles and backhoes etc. using our roadways," Gatien wrote.

It's not clear if he was acting on behalf of the entire force, but Gatien's letter was written on Ottawa Police Service letterhead and included the City of Ottawa's logo.

If Gatien's proposal is adopted, distracted cyclists could be hit with fines up to $1,000. Cycle Toronto director Jared Kolb agreed cyclists shouldn't text or talk on the phone while pedalling, but said the government needs to focus on distracted drivers.

"It's one of the biggest reasons why cyclists and pedestrians are being mowed down by motor vehicles," he said.

"There's already very limited resources going towards enforcing the existing laws, and tacking this piece onto the bill will take our attention away from where it needs to be, and that's on distracted driving."

Toronto police Const. Clinton Stibbe said the force supports "anything that makes the roads safer," but stopped short of endorsing Gatien's recommendations.

Stibbe said there are already laws the police can use to charge or fine scofflaw cyclists. For example, cyclists caught biking "without due care and attention" can be fined $85 under Toronto's municipal bylaws.

Many drivers in Toronto continue to flout distracted driving rules, Stibbe said.

He's hopeful that the stiffer fines, as well as demerit points, included in Bill 31 will lead to more compliance.

Bill 31 'good news' for cyclists

Overall, Cycle Toronto director Jared Kolb said Bill 31 is a win for cyclists in Ontario. If passed, the bill would increase the fine for dooring a cyclist from $300 to $1,000.

The bill would also require drivers to leave one metre of space when passing cyclists.

However, the bill does suggest increasing fines for cyclists caught without lights to $500 from $20.

"That feels really excessive," Kolb said.

Just get out there

With temperatures rising, Toronto runners and cyclists are returning to the streets. Whether you're pumping tires or lacing up, here are some tips, tricks and events for spring.

Metro Toronto

Run

ROSEMARY WESTWOOD

A runner makes the best of milder conditions Tuesday along a path in Kew Gardens. LIZ BEDDALL/METRO

On foot. Toronto runners squeamish about the cold finally have a chance to get outside this week

Start slow

If you haven't been running through the winter, don't think you can pick up training where you left off in the fall, says sports medicine doctor Christopher Woollam.

Spring is a common time for injuries as runners overestimate their fitness. The most common injuries are plantar fasciitis, inflamed tissue on the bottom of the foot, and IT band syndrome, when the iliotibial band (which runs from the hip down to the knee and shin) flares up.

Adding arch supports to your shoes and pumping up your core can help fend off problems, Woollam said.

Nike launches Toronto race

Nike's Toronto Island 15-kilometre race is the newest addition to city's busy race schedule.

Set for June 14, it's part of the Nike Women's Race series, though Nike says men are also allowed to register. Nike will randomly draw the 15,000 registrants who get to compete.

Return of the sole

The barely-there or actually barefoot running trend has waned — and now a much thicker sole is on the rise.

GTA stores are beginning to carry Hoka One One, a brand that promises "maximum cushioning," looks like a platform shoe, and won the Independent Running Retailer Association's 2014 Running Shoe of the Year Award.

HOKA ONE ONE

Over at Adidas, the company is touting its Springblade shoes which feature soles with a series of springy flaps, while Puma is pushing a sole with "innovative foam technology that maximizes energy return to keep you running longer."

Get with the group

If you think now's the time to join a Toronto running club and get prepped for one of the first marathons or half marathons of the spring — you're wrong.

"For the upcoming GoodLife Toronto marathon and half-marathon (May 3), we have groups halfway through their training session," said Bryan Smith, regional director at the Running Room.

There's still time to join a group to train for a shorter distance or later race date, he added.

Running Room is one of the largest purveyors of running clubs, but there are a number across the city for all levels, some free, some with fees.

The latest in research

You really do run like a woman (or man), according to new research.

A study published in the journal Medicine & Science in Sports & Exercise suggests women endurance runners pace themselves more evenly than men.

And, because even pacing is key to better race times, the researchers suggest women may be naturally more efficient runners.

Ride

LUKE SIMCOE

A cyclist navigates the slushy streets of King Street West on Tuesday. LIZ BEDDALL/METRO

On wheels. A few tips, tricks and events for cyclists gearing up for iceless pavement

Learn to ride

If your New Year's resolution was to start cycling (or get more serious about it), why not enrol in one of the city's bicycle courses?

Introductory classes aren't offered until May, but those with some two-wheel experience can learn strategies for safe biking in the city starting April 14.

For more information, visit Toronto's CAN-BIKE website.

Get tuned up today

Cycle Toronto director Jared Kolb's biggest piece of advice is to bring your bike in for a tune-up before the weather gets too nice. Otherwise you could be waiting for weeks, he said.

Better yet, do your own tune-up

Many of the city's bike shops, including Sweet Pete's and MEC, offer regular classes on bicycle maintenance. If you're lacking the tools, you can borrow them for free at DIY bike shops like Bike Pirates (west end) or Bike Sauce (east end).

Uncharted territory

Now's the perfect time to test out some of the city's newest bicycle infrastructure.

The portion of the Wellesley Street cycle track between Queen's Park and Yonge Street was installed over the winter, and the Finch trail is sporting some new turf between Bayview and the Don Valley.

Pesky potholes

Cyclists are road users too, and the city encourages them to advise of problems via the 3-1-1 service.

MICHAEL GIL/FLICKR

"Cyclists are obviously more susceptible to potholes, so report them," said Jacquelyn Hayward Gulati, the city's new cycling manager.

JOSEP MA. ROSELL/FLICKR

New technique reduces post-mastectomy pain

Breast cancer. Toronto anesthesiologist's approach has capacity to help short and long-term

GILBERT NGABO
gilbert.ngabo@metronews.ca

A five-year study by a University of Toronto anesthesiologist promises to reduce post-surgery pain for women undergoing a mastectomy.

Faraj Abdallah developed a regional anesthetic technique called "ultrasound-guided paravertebral blocks."

The technique provides excellent pain control immediately after surgery and helps with long-term pain reduction, he said.

The existing anesthetic or standard care uses narcotics to control pain, but up to 60 per cent of women experience chronic pain three to six months after surgery.

The new technique has the capacity to lower that chronic pain up to 50 per cent, said Abdallah.

"It is similar to a dental freeze," he said, explaining that the technique has been tested on hundreds of patients at both St. Michael's Hospital — where he currently practices — and Women's College Hospital.

Abdallah's study shows that post-mastectomy pain is not just regular but neuropathic pain, which affects sensation.

Though his findings are "exciting and promising," the next challenge is to collaborate with more medical centres for general integration of the new technique, he said.

The study was also published in the medical journal PAIN.

Faraj Abdallah developed a technique to reduce post-mastectomy pain.
CONTRIBUTED

Tax. City council agrees 2.74 per cent increase

A majority of councillors voted Tuesday to approve the residential property tax increase of 2.74 per cent recommended by the budget committee and Mayor John Tory's executive committee.

The total property tax increase — which includes a previously-approved 0.5 per cent levy to pay for the Scarborough subway — becomes 3.2 per cent with adjustments for the current value of properties. That increase is equivalent to an annual increase of $83 for the average household.

A few councillors offered a different number on the floor of the council chamber: Councillor Gord Perks wanted to raise taxes even further to stop the city from needing to borrow from itself to balance the budget.

Councillor Rob Ford asked council to raise property taxes only a total of 1.99 per cent. And Councillor Giorgio Mammoliti went in the opposite direction, asking that property taxes be reduced a total 3.2 per cent.

In the end, council voted 38-6 to stick with the original 3.2 per cent increase in the first finalized budget vote of the new term.

Perks earlier argued that council was engaging in "wishful thinking" with a proposal to cover off an $86-million budget hole by borrowing internally.

He pointed to pending cost overruns for the Union Station revitalization, pegged at $80 million, and the Spadina subway extension overruns, totalling some $400 million.

"I don't know why, but they're prepared to take a multi-billion-dollar gamble over the next couple of years. I'm not," Perks said of those who might vote in favour of the 3.2 per cent increase.

Tory argued Tuesday that they were doing the "right thing" with that recommended increase, saying a majority of voters elected candidates with a mandate to keep taxes at or below the rate of inflation.

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Carla Wintersgill said her son, Beau, is one of the motivators for a new event series she's launched to help young women come of age, financially. CONTRIBUTED

Women cash in on financial education

Money Club. New event series aims to teach millennial women how to spend and save their dough

ROSEMARY WESTWOOD
rosemary.westwood@metronews.ca

It's not much good to subscribe to MoneySense magazine if you don't understand what you're reading.

That's just one of the motivations behind Money Club, a new Toronto womens-only personal finance event series, launching next week.

Organizer Carla Wintersgill is a new mom who is considering selling her house, hoping to build her first investment portfolio and finding that, while she's firmly entered the adult world, her personal finance knowledge hasn't kept up. And reading MoneySense wasn't going to be enough.

"Even the couch potato investing, I don't understand it," she said.

Then she found her friends had similar concerns.

"Money is something that we all don't have a great handle on. I thought it would be a better motivation when you can learn with other people," she added.

The monthly series is open to all women and each night will feature an expert, beginning with a focus on investing. Wintersgill, 30, said she hopes the women-only parameters will make an often uncomfortable topic more accessible.

"Part of my motivation is we've moved past the surviving phase of our lives, financially," Wintersgill said.

"Rent doesn't make up 80 per cent of our income anymore, because we aren't students. Now it's like, 'Great, what do you do with this money? How can you make it work for you in a way that you're happy with?'"

Life with her six-month-old son Beau has put a new spin on her concept of financial stability, she added, causing her to think about things like saving for his education.

Wintersgill is also skeptical the institutions relied on by the boomer generation — pension plans and other government support — will be there in the same way when she and the rest of the Millennials reach old age, she said.

Details

Money Club #1: Money 101 with guest speaker from Investors Group

- March 16, 7 p.m. to 9 p.m.
- Louis Cifer Brew Works

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Politics. Tories prejudiced against Muslims: Trudeau

Justin Trudeau is accusing the Harper government of deliberately stoking fear and prejudice against Muslim Canadians — employing the same kind of rhetoric that led in the past to some of Canada's most shameful displays of racism.

The Liberal leader drew a parallel Monday between the current government's rhetoric about Muslims and other "dark episodes" in Canada's history: The internment of Ukrainian, Japanese and Italian Canadians during the two world wars, turning away boatloads of Jewish and Punjabi refugees and the imposition of residential schools for aboriginal children.

Since two Canadian soldiers were murdered by men with radical Islamist sympathies last October, Trudeau said, the government has been blurring the line between the genuine threat terrorism posed to national security and "simple prejudice."

"I believe they have done it deliberately and I believe what they have done is deeply wrong," Trudeau said in the text of a speech delivered in Toronto to the McGill Institute for the Study of Canada.

"It is nothing less than an attempt to play on people's fears and foster prejudice, directly toward the Muslim faith. This is not the spirit of Canadian liberty, my friends." THE CANADIAN PRESS

Harper comments

Stephen Harper is doubling down on his aversion to face-covering veils worn by some Muslim women, calling them the product of a culture that is "anti-women." The prime minister also says wearing a niqab is unacceptable and contrary to Canadian values.

Lanaudière region

Measles numbers spike in Quebec

There are reports of a spike in the number of people with measles northeast of Montreal.

The reports say the number of cases in the Lanaudière region has risen to 80, up from 32 at the end of February.

A staff member said the situation was evolving but would not confirm any figures until a news conference scheduled for Wednesday.

The CBC says all of the cases involve unvaccinated children and adults and are traced to an outbreak at a California amusement park. THE CANADIAN PRESS

Expense scandal

Sen. Mike Duffy's trial to focus on arcane rules

The provocative opening statements of the Crown and defence might start Sen. Mike Duffy's fraud and bribery trial off with a bang, but what follows is expected to be less dramatic. The beginning is expected to dwell on the world of Senate financial rules. The answer to what constitutes a legitimate travel or per diem claim will get to the heart of the dispute over whether Duffy's expenses constituted fraud or not. Duffy faces 31 charges relating to alleged breach of trust, fraud and bribery. THE CANADIAN PRESS

Slain soldier honoured in repatriation ceremony

Trenton, Ont. Sgt. Andrew Joseph Doiron was shot and killed in what has been described as a friendly-fire incident in Iraq

Military pallbearers from the Canadian Special Operations Forces Command carry the flag-draped casket of Sgt. Andrew Joseph Doiron on Tuesday at Canadian Forces Base Trenton in Trenton, Ont. Inset: Sgt. Doiron was killed by friendly fire during operation Impact on March 6, in northern Iraq. LARS HAGBERG/THE CANADIAN PRESS; INSET: CONTRIBUTED/THE CANADIAN PRESS

Scores of Canadians peered through the fence of an air force base as the body of a Canadian soldier killed in Iraq returned home Tuesday in a once-common ceremony that has grown rare since the end of the country's mission in Afghanistan.

Many saluted in silence on a raw grey day as the casket carrying Sgt. Andrew Doiron began the journey to Toronto following a brief repatriation ceremony at Canadian Forces Base Trenton in eastern Ontario.

At the family's request, citizens who showed up to pay their respects and media were kept outside the base.

"I haven't missed a repatriation ceremony yet and I'm not about to, regardless of the circumstances," said Hunter Vickers, 19, from nearby Belleville.

Vickers said it was important for the families to see "random citizens" show up as a show of support and appreciation for the hard work and sacrifice of the slain soldiers.

Among dignitaries on the tarmac were Gov. Gen. David Johnston and Defence Minister Jason Kenney.

Outside the fence, a "Support our Troops" flag fluttered in the breeze as people watched quietly.

After the ceremony, the motorcade carrying Doiron's casket headed west to Toronto for an autopsy along a stretch of highway dubbed "Highway of Heroes" that frequently saw such motorcades during Canada's combat in Afghanistan.

Only the body of Cpl. Nathan Cirillo — gunned down as he stood ceremonial guard in Ottawa in October — has travelled the route since the mission's end in 2011.

People began lining the route hours in advance, with some setting up Canadian flags on highway overpasses.

Others injured

Three other Canadians were wounded in the firefight.

- One was evacuated to Germany while the other two were still in the Iraqi city of Irbil for treatment of more minor injuries.

Doiron, 31, described as an enthusiastic and patriotic soldier, was shot and killed in what has been described as a friendly-fire incident in the darkness of night as his special forces unit was returning to an observation post in Iraq.

Officials with the Kurdish peshmerga said their forces opened fire on the unsuspecting Canadians after they showed up at the front line unannounced — a claim denied by Canadian officials.

The Canadian soldiers are part of a 69-strong contingent helping advise and train forces fighting against the Islamic State of Iraq and the Levant (ISIL). THE CANADIAN PRESS

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Public safety minister dismisses concerns over anti-terrorism bill

Public Safety Minister Steven Blaney is trying to assure Canadians that proposed anti-terrorism measures won't run roughshod over civil liberties.

In his testimony Tuesday at committee hearings examining the federal legislation, Blaney dismissed concerns the new provisions would allow the Canadian Security Intelligence Service (CSIS) to squelch or infiltrate environmental protests that fall outside the letter of the law.

Quoted

"These allegations are completely false and, frankly, ridiculous."

Public Safety Minister Steven Blaney

The planned measures are needed to protect the public from extremists who hate Canadian values, Blaney said during a meeting of the House of Commons public safety committee.

The international jihadi movement has "declared war on Canada" and other countries around the world, Blaney told MPs Tuesday.

The Conservatives brought in the bill, which would broaden CSIS's mandate, following the murders of two Canadian soldiers last October.

The legislation would give the spy service the ability to actively derail terror plots, make it easier for police to limit the movements of a suspect, expand no-fly list powers and take aim at terrorist propaganda.

Neither the new disruptive powers nor the information-sharing provisions apply to "lawful" advocacy, protest or dissent, but some fear the bill could be used against activists who demonstrate without an official permit or despite a court order. THE CANADIAN PRESS

Myanmar

Police arrest 127 at protest of education law

Hundreds of riot police charged at students protesting Myanmar's new education law on Tuesday, pummelling them with batons and then dragging them into trucks, bringing a quick, harsh end to a week-long standoff. Authorities said more than 120 people were arrested.

In recent days the government has crushed several protests in and around Yangon, usually by dragging protesters into trucks. THE ASSOCIATED PRESS

'India's Daughter'

Documentary makes U.S. debut

A rape documentary banned from airing in India received its U.S. premiere at a star-studded event on Monday that included actresses Meryl Streep and Freida Pinto. THE ASSOCIATED PRESS

French athletes die in chopper crash while filming reality show

Argentina. Sailing champion Florence Archaud, Olympians Camille Muffat and Alexis Vastine had been filming a reality TV show

From left: Sailing champion Florence Arthaud, French Olympic gold medal swimmer Camille Muffat and Olympic boxer Alexis Vastine. Two helicopters carrying the French sports stars who were filming a popular European reality show crashed in a remote part of Argentina, killing 10 people, including Muffat, Vastine and Arthaud.

MICHEL LIPCHITZ, MICHAEL SOHN AND PATRICK SEMANSKY/THE ASSOCIATED PRESS

Much of France was in mourning and looking for answers on Tuesday following the crash of two helicopters in a remote part of Argentina that killed 10 people, three of them French sports stars taking part in a glitzy new reality TV show.

Olympic champion swimmer Camille Muffat, Olympic boxer and bronze-medallist Alexis Vastine, and pioneering sailor Florence Arthaud died in Monday's crash. They had been among the contestants in the reality TV show Dropped.

The helicopters collided in the air near Villa Castelli, about 1,170 kilometres northwest of Buenos Aires, La Rioja regional Secretary of Security Cesar Angulo told TN television. All 10 people on board — eight French nationals and two Argentine pilots — were killed.

Photographs and mobile-phone footage showed the burning wreckage of the helicopters in dry scrubland of a sparsely populated area along the Andes mountain range that separates Argentina and Chile.

French Prime Minister Manuel Valls said France's foreign ministry is in contact with authorities in Argentina to determine what caused the crash. President Francois Hollande expressed the "immense sadness" about those who died.

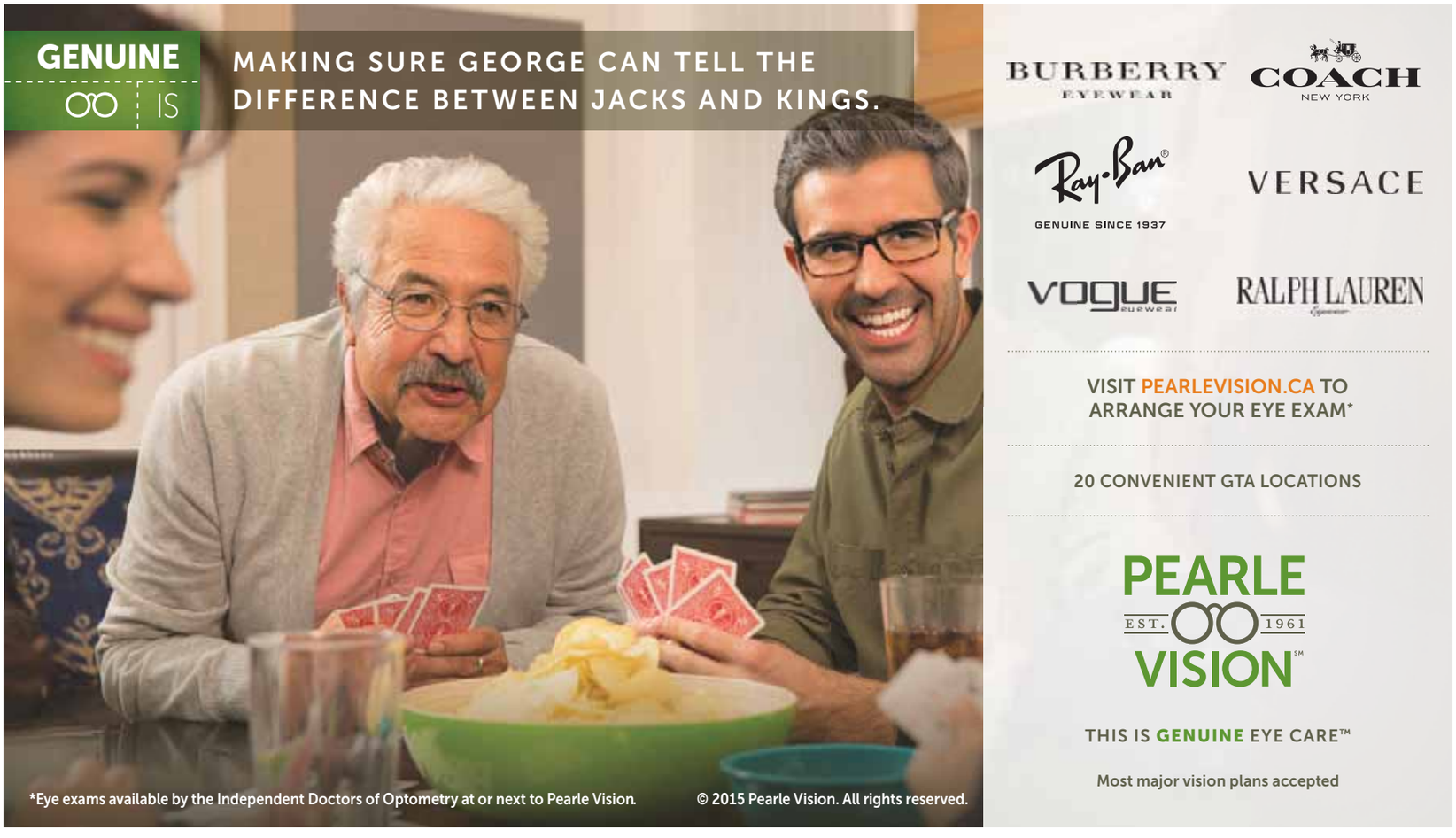
The crew had arrived Sunday in Villa Castelli, where it had previously filmed a version of Dropped for Switzerland and Denmark, said Mayor Andres Navarrete. The remaining victims were identified as Laurent Sbasnik, Lucie Mei-Dalby, Volodia Guinard, Brice Guilbert and Edouard Gilles, as well as pilots Juan Carlos Castillo and Roberto Abate.

French Secretary of State for Sport Thierry Braillard said on the BFM TV channel that "French sport has lost three stars this morning."

Other Dropped contestants on hand included former France and Arsenal striker Sylvain Wiltord, ice skating champion Philippe Candeloro, former Olympic swimming champion Alain Bernard and veteran cyclist Jeannie Longo. None of them was involved in the accident.

William Forgues, Muffat's companion, told i-Tele cable news channel that she was instructed not to reveal details about the show filming, but "told everybody that it was great. She was not forced (to do things). She was where she wanted to be."

"C'est la vie," he added. THE ASSOCIATED PRESS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Oil trains. Spate of recent derailments raises alarm

Four trains hauling crude oil have derailed in Canada and the U.S. since mid-February, rupturing tank cars, spilling their contents, polluting waterways and igniting fires that burned for days.

The derailments have deepened safety concerns that if an oil-train accident were to occur in a populated area, the results could be disastrous.

Rail and hazardous-materials safety experts said the number of accidents is going up because the oil boom in Canada and the U.S. has dramatically increased the amount of oil shipped by rail. Last year, railroads moved 493,126 tank cars of crude oil, compared to 407,761 in 2013. That's up from just 9,500 cars in 2008 before the hydraulic fracturing boom took off in the Bakken region of North Dakota, Montana and Canada.

Most of the accidents in the U.S., as well as the Lac-Mégantic derailment, involved trains hauling Bakken crude. Government tests show Bakken crude is more volatile than most crude oil.

Experts say many factors can cause accidents: from too great a speed, to operator fatigue to cold weather. When it is very cold, as it has been across much of North America, steel rails and train-car wheels can contract and become brittle. If the steel has a manufacturing flaw, no matter how small, it can spread rapidly in the cold weather.

Canadian and U.S. officials are working on new regulations to increase the safety of train operations and of the special tank cars that carry oil, including tank cars that have thicker shells and electronically controlled brakes that stop cars at the same time rather than sequentially.

THE ASSOCIATED PRESS

Quoted

"You get real cold weather like this, and a rail can just snap.... A wheel will shatter like a piece of glass."

Ed Dobranetski, a former U.S. National Transportation Safety Board rail-accidents investigator

Target's troubles spread to the U.S.

People leave Target Corp.'s downtown Minneapolis corporate headquarters Tuesday. After shedding 17,600 employees in Canada following its decision to pull out of the country, Target is continuing the exercise in the U.S. The retailer said Tuesday it is laying off 1,700 workers and eliminating another 1,400 unfilled positions as part of a restructuring aimed at saving $2 billion US over the next two years. A Target spokeswoman said the cuts will come primarily at headquarters locations in the Minneapolis area, where the company employs about 13,500 people. COURTESY STAR TRIBUNE/THE ASSOCIATED PRESS

Children's medicine

Manufacturer agrees to pay $25M

A manufacturer of Infants' and Children's Tylenol and Children's Motrin has agreed to plead guilty to a criminal charge it sold products that contained metal particles, say court documents unsealed Tuesday. McNeil Consumer Healthcare agreed to pay $25 million US to resolve the case.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 78.86 cents (- 0.53¢)

TSX 14,641.76 (- 212.73)

OIL $48.29 US (- $1.71)

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VOICES

TV COUNTING DOWN TO ITS FINAL EPISODE

With HBO's announcement that they are switching over to an internet -based service, it's only a matter of time before cable dies for good

MATT LAFORGE
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You see Tim Cook, resplendent in a half-zip mock-neck pullover, next to a 30-foot projection of Mickey Mouse on a watch face and you say to yourself, "This is the most significant consumer-technology announcement of the week." But you're forgetting HBO. You're forgetting the real news.

The real news, in case you missed it: HBO is breaking up with cable.

Richard Plepler, head of the pay-TV giant, showed up at Apple's big unveiling on Monday to tout HBO NOW, a new internet-based service, first hinted at in October, that will launch in time for the Games of Thrones premiere in April and that will make available to viewers who don't have a cable or satellite subscription a large and up-to-date trove of the network's much-loved and much-coveted offerings. Deadwood, The Wire, The Sopranos — the whole gang (save Dream On, Larry Sanders and a bunch of other stuff) will be accessible on Apple TV and all the other iThings.

Need I even mention that this service is only planned for the U.S.? That's right — it's yet another boon for the American media consumer (add it to the reasonable mobile data rates and that seemingly bottomless Netflix selection) and yet another occasion for the Canadian media consumer to feel sorry for herself as the words "Content not available in your territory" flash in her mind's eye.

Except that to see the HBO-Apple deal simply as another treat that we're not getting (right away) is a typically Canadian overemphasis on the superficial downside.

Let's suspend the pity party long enough to recall what's been going on up here the past couple of years: Millions of Canadians enthusiastically sign up for Netflix; thousands cut the cable cord; the Conservatives use time in a throne speech to promise to unbundle cable packages; then, later, they vow in a tweet never to tax Netflix and YouTube; Rogers and Bell launch Shomi and Crave, so-called over-the-top services that provide to their TV subscribers streams of shows and movies not available on Netflix; the CRTC issues a surprise fiat that undermines the value of Bell's 2017 Super Bowl broadcast rights by preventing the broadcaster from subbing out American ads during the game. There's a pattern forming on both sides of the border, and the HBO-Apple deal is just the latest manifestation of it.

The pattern is intricately disjointed when inspected up close, but, at a distance, its broad form is easy to discern: TV as we know it in this country is about to be a thing of the past.

The capacity to stream video via the Internet — no airwaves, insulated coax or satellite relay required — means the TV-signal distributors (i.e., the cable and satellite companies) no longer hold all the cards. The government knows it, the Internet-based startups know it, the distributors definitely know it, and the networks know it, too.

The media blogger Steve Faguy made the situation plain a few months ago in an interview on the Canadaland podcast: There's nothing preventing every Canadian channel from streaming online, and the only reason they're not already doing it is that, for the moment, despite Netflix and cord-cutting, the traditional regulated broadcast system is still where the bulk of viewers are found.

But there's no reason why that can't change and quickly.

It's in this light that the HBO-Apple deal is instructive: That HBO, the consummate premium cable-and-satellite brand, is now taking the first step toward disintermediating its cable and satellite partners should be seen by Canadian observers not as a power move on the part of one-of-a-kind player, but as a sure sign of things to come.

Big-ticket movie-and-prestige-drama channels constitute one of three main categories of TV product that wed people to their cable bills; news and live sports are the others.

Now the biggest of the big-tickets is stepping out. What's to stop the NHL or NFL from doing the same? Broadcast-rights contracts? Those don't last forever.

If you're a cable or satellite provider, you can take solace in the fact that you'll still be selling internet access when all the TV shows are streamed on the internet.

Or at least you will be until Tim Cook reaches into his pullover drawer and announces that Apple is going to start giving the internet away for free.

Matt LaForge is Metro Canada's managing editor of Canada, world and business.

Character matters — and it's worth the expense

JESSE STANIFORTH
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There are good reasons why governments see fit to intervene in granting birth certificates to parents who wish to give their children unusual names.

They don't want children to be named things that will cause offense to others ("God Hates Italians Johnson"), or to be named things that will bring hurt or ridicule upon them ("Ugly Moron Smith").

These are reasonable examples of government interference in the naming of children.

But the Northwest Territories' Vital Statistics Department went too far when they told Shene Catholique-Valpy that she couldn't register her newborn baby under her given name — Sahai?a, Chipewyan for "when the sun peeks through."

The reason they gave was that the name included a character that's not part of the Roman alphabet, and therefore couldn't be included on a birth certificate or on federal documents like passports.

If you don't know how to pronounce that name, that's fine. Like me, you're not used to characters that indicate a glottal stop — a sound we don't use in English.

One might argue this is our problem, as English speakers, and not the problem of the mother or her child.

However, we can all agree that the child has a name, whether or not all of us can pronounce it.

Being asked by the territorial government to register her birth under a different one, implying a different pronunciation and meaning, is an insult to Catholique-Valpy.

In Canada, names matter more to many Indigenous people than non-Natives may think.

For several decades now, there has been a growing demand for Indigenous people to reclaim the languages, cultures, and traditions that Canada spent more than 100 years trying to destroy in what former prime minister Paul Martin called the "cultural genocide" of Residential Schools.

That recovery of history is without a doubt an inspiration to the growing chorus of voices demanding that Sahai?a Catholique-Valpy get a birth certificate with her actual name on it. (Up to this point she doesn't have one, nor a health card: her mother has been paying out of pocket for her medical treatment.)

The only strength of the argument in favour of denying her a birth certificate is that it would cause bureaucrats would to have to figure out a way to include in Canadian identification documents languages like Chipewyan that existed on this land for thousands of years before Europeans decided it was Canada.

That will have a financial cost, and we can expect a protest from the usual aggrieved voices over the outrage of the government spending money to include the characters required to name all Canadians in its documents.

However, Canada isn't doing enough right now to foster a healthy relationship between its government and its First Peoples.

This is a problem both on grand and minor scales. When the Assembly of First Nations is consistently at odds with the feds over issues like education we see the tension in its more dramatic form.

Yet when a Chipewyan woman can't even get her child a birth certificate and health card because bureaucrats are not willing to use characters outside the Roman alphabet the indignation we are hearing is no less fiery, and no less pressing to resolve with common sense and decency.

It will cost money to reprogram some computers, but building better relationships with Canada's first peoples — both in big and small ways — should seem worth the expense.

Jesse Staniforth is a Montreal-based journalist and a regular contributor to the Nation magazine, serving the Cree Nation of Eeyou Istchee and the communities around James Bay.

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In the promised Zoolander

The obvious highlight of Paris Fashion Week so far?

The sight of veteran male model — and signature-look Blue Steel innovator — Derek Zoolander triumphantly returning to the runway for Valentino, sporting a custom Night Butterflies brocade suit and overcoat.

OK, not really. But Ben Stiller and Owen Wilson did make a surprise appearance in Paris, using the catwalk as a means to cleverly announce that a sequel to the 2001 comedy Zoolander is officially happening. The long-awaited followup has been talked up for years, with Stiller discussing plot ideas in interviews as far back as 2010.

Justin Theroux reportedly wrote the script, with Penelope Cruz on board to star alongside Stiller, Wilson and Will Ferrell. No release date has been set yet.

Ben Stiller and Owen Wilson. ALL PHOTOS: GETTY IMAGES

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

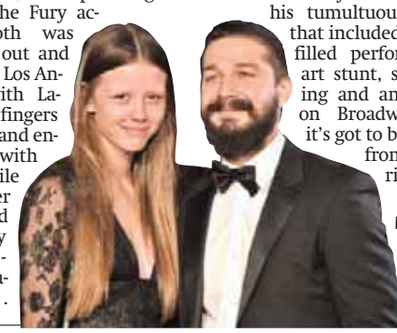
Mom, please don't Express Yourself

So what's it like to be the 18-year-old daughter of an iconic, boundary-pushing sex symbol? Pretty awkward, as it turns out. Madonna admits to Carson Daly during a Today show interview that oldest daughter Lourdes isn't dealing too well with some of mom's racier material. "(Lourdes) is horrified by all of it," Madonna explains. "She just wants me to be her mom." That's one request Madonna has apparently been taking very seriously, especially now Lourdes is off to the University of Michigan as a freshman. It turns out Madonna can still embarrass her daughter the old-fashioned way. "I'm very, you know, worried. 'Are you OK? Are you getting enough sleep? Are you eating right?,'" she admits. "I was worried about the fact that she didn't have enough towels, Q-tips, you know." Lourdes, it seems, just can't win.

Madonna and daughter Lourdes

Shia and Mia to make it official

Apparently Shia LaBeouf's new rattail isn't that much of a turn-off, because if model Mia Goth's new jewelry is any indication, she's planning to marry the Fury actor. Goth was spotted out and about in Los Angeles with LaBeouf, fingers of one hand entwined with his while the other sported a pretty impressive diamond. And yes, it was on that finger. The pair began dating in 2013 after working together on Lars Von Trier's Nymphomaniac, and she stood by him through his tumultuous 2014 that included a tear-filled performance art stunt, skywriting and an arrest on Broadway, so it's got to be all up from here, right?



Mia Goth and Shia LaBeouf

Blurring the lines

Pharrell Williams

A jury awarded Marvin Gaye's children $7.3 million on Tuesday after determining singers Robin Thicke and Pharrell Williams copied their father's music to create Blurred Lines, the biggest hit song of 2013. The verdict could tarnish the legacy of Williams, a reliable hit-maker who has won Grammy Awards and appears on NBC's music competition show The Voice. THE ASSOCIATED PRESS

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Juno you can do better

As the Junos roar into Hamilton this weekend, it's clear the venerable awards show has grown a bit rusty. Below are five ways the Junos might be improved.

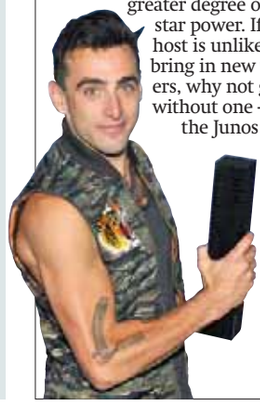
THE CANADIAN PRESS

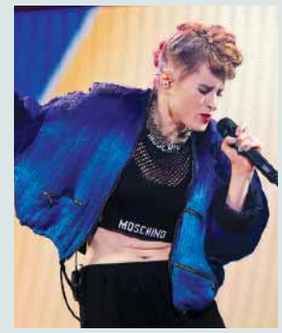
Charm Drake

Drake's gold throne sits atop an enviable nexus of critical adoration, sales supremacy and superstardom. Rightfully, he should have many Junos alongside his other gilded baubles. But he hasn't appeared at the show since 2011, when he was shut out — and, his rap peers argue, embarrassed — in six different categories, despite hosting the show in his hometown. Lord knows, his absence is deeply felt.

An M.I.A. MC

No disrespect intended to Jacob Hoggard (below), but his band Hedley had already been announced as a Junos performer when CTV said he would also host. The decision generated little discernible buzz for the show — as did having Classified, Johnny Reid and Serena Ryder collectively host last year. The three shows prior to that were helmed by Michael Bublé, William Shatner and Drake, who infused the Junos with a greater degree of star power. If the host is unlikely to bring in new viewers, why not go without one — as the Junos did successfully in 2010?



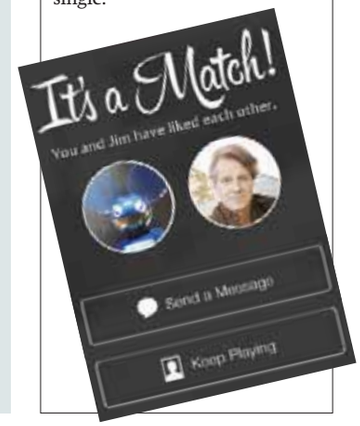


Take more risks

Organizers seemed to make an effort to reel in newcomers this year, including Shawn Mendes, Magic! and Kiesza (above), along with veteran Deadmau5. But what took so long? The Junos should endeavour for early adopter status more often, and broaden their idea of relevance. For instance: Wouldn't a few of Grimes' roughly 270,000 Twitter followers tune in to see the eccentric electronic composer's Junos debut, regardless of her album sales?

Play Cancon Tinder

The Grammys haphazardly play musical matchmaker and often it doesn't work out. But the Junos have had better luck in the rare instances they've coerced collaboration — Deadmau5 and Lights come to mind, as does the increasingly historic pairing of Drake and Justin Bieber. Continuing to link Canucks might generate more excitement than seeing the same familiar faces play their last or (eye-roll) next single.



Conquer insecurity

Can we cut the international album of the year category altogether? The only rational justification for its existence is to persuade non-Canadian stars to attend the show — and if that's the plan, it's been failing for years. Unless CTV is keeping secret an appearance by Katy Perry, Taylor Swift or Lorde (above). While this category has allowed us the juicy opportunity to accurately refer to Eminem as a two-time Juno winner, its time has come and gone.

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Netflix stars won't break vow of secrecy

Uzo Aduba, who plays Crazy Eyes on Orange is the New Black, will only chat with friends about series episodes they've all already seen. JESSICA MIGLIO FOR NETFLIX

They'll never tell.
Roster of actors pointedly refuse to reveal future plot points

LISA WEIDENFELD
Metro in NYC

If you thought that Kevin Spacey was going to spill one tiny thing about the newest season of House of Cards, think again. Any efforts to tease hints out of him are met with "Nice try." How serious is he about spoilers? He won't even confirm that there's a fourth season coming for the hit show. It's all part of his overarching philosophy regarding binge watching.

"I kind of have this policy about this, which is that I won't discuss any plot points or anything that happens in any season. I haven't ever, for three years. It's one of the most satisfying parts about being in the show, because I can't be the spoiler in chief," says Spacey. "There are people who still haven't even watched Season 1."

We pressed Spacey on this. Surely there comes a point when it's OK to talk about past seasons, at least?

"It's never OK. It never will be OK," says Spacey firmly.

Vincent D'Onofrio, who will be appearing as Wilson Fisk in the Netflix/Marvel Daredevil show, says, "On our show, we have an out, because it's Marvel, and I'm not allowed to talk about it. So even if I wanted to, I can't."

Vincent D'Onofrio, who plays Wilson Fisk in the Netflix series Marvel's Daredevil, says he would be forced to turn his back on any viewers hoping for a few spoilers. BARRY WETCHER FOR NETFLIX

But Uzo Aduba, who plays Suzanne (or Crazy Eyes, if that's more your style) on Orange is the New Black, was willing to throw us a bone, and admits she does do some plot discussion with friends. "As someone who is a fan of House of Cards, and has finished, I found a group of people who I could have that conversation with, where I was like, 'OK, we're going to have to discuss a couple things.'"

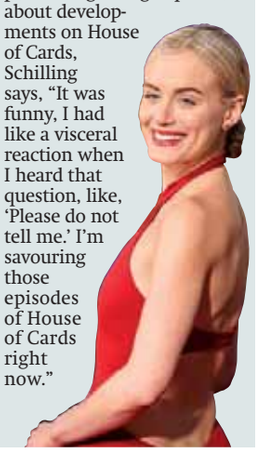
Aduba says it's also important to make sure you verify how far your prospective chat buddies are in the show before moving forward. "I find with my friends, you find where they are in the season. And so you can be like, 'OK, you've watched up to 4, let's discuss 1-4.'"

Details

Not you, too, Taylor

"In terms of speaking about the show, I concur with my fellow Netflix friend," says Taylor Schilling of Orange Is the New Black, breaking all of our hearts a little. "I don't really ever feel like there's an appropriate time to start to talk about things, because I so respect the experience that people have with these shows and I feel like it's a very intimate experience. I love the idea that people are just starting to get to know the world we've created."

Even within the Netflix family, it's verboten to get too detailed about plot points. Regarding a question about developments on House of Cards, Schilling says, "It was funny, I had like a visceral reaction when I heard that question, like, 'Please do not tell me.' I'm savouring those episodes of House of Cards right now."



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LIFE

Beyond the beach in Punta Cana

Trend. Tour operators realize travellers want more than just a rum-soaked resort stay: Enter the boutique resort with immersive cultural activities

VAWN HIMMELSBACH
life@metronews.ca

This time of year, most Canadians are ready to shed their down-filled parkas and salt-and-grime-covered boots in favour of bathing suits and flip-flops — and soak up some vitamin D.

But not everyone wants to stay in a crowded all-inclusive where they don't see life beyond the walls of the resort. These days, there's a trend toward smaller, boutique resorts offering a more personalized experience, and more of a focus on sustainable tourism and experiencing local culture.

Sunwing Vacations, for example, recently opened the adults-only CHIC Punta Cana in the Dominican Republic, which offers a Miami South Beach vibe — with only 323 stylish suites. The resort features a poolside DJ booth, "mermaid" pool, oxygen bar, culinary "chef's table" experience, and spa with hydrotherapy circuit. And lots of mood lighting.

In an atypical move for a tour operator, Sunwing purchased the resort, so it "owns" the experience from start to finish. "It's working really well for us," says Jaqueline Grossman, senior director of marketing with Sunwing Travel Group. "It allows us to extend the whole value proposition across the entire experience, from the time you get on the plane with champagne service (through your stay at the resort)."

CHIC Punta Cana offers a Miami South Beach vibe and tours through the DR. PHOTOS: VAWN HIMMELSBACH/METRO

Two nations, one island

Not everyone who visits the Dominican Republic realizes it shares the island with Haiti. But while the DR is considered a tropical paradise, Haiti remains one of the poorest countries in the world. This goes back to colonial times, when the Spanish handed over the western third of the island to the French in 1697. Hundreds of thousands of African slaves were brought there to help produce sugar, coffee, cacao and cotton. But the slaves rebelled and gained independence in 1804, renaming the former colony Haiti. However, independence was followed by rebellions, coups and dictatorships. Massive deforestation and a coastline prone to hurricanes have added to the country's socio-economic problems.

Drink it

- **Mama Juana.** In the DR, it won't be long before someone offers you a shot of the local drink of choice: Mama Juana. Originally prepared by the Taino Indians as a medicinal drink to cure a range of ailments from headaches and joint pain to poor libido, the modern-day version consists of a mix of twigs, barks and herbs steeped for days in rum, red wine and local honey. Just don't drink too much, or what ails you will be a nasty hangover.

Tours off the resort offer travellers the chance to see some Dominican industries like coffee plantations.

While Canadians crave beach time, they still want to get off the resort — at least for a day or two. Country Safaris, a local tour operator that works in conjunction with Nexus Tours, takes tourists off the resort to see the countryside, visit villages and sample Dominican coffee, cacao and cigars.

It's also a chance for tourists to purchase locally produced products, such as coconut oil and rum, straight from the farmers.

The DR is also seeing a big ecotourism trend, says Julio Lopez, a tour guide with Nexus Tours. It has responded by partnering with The Nature Conservancy, The Smithsonian and the United Nations, turning more than 25 per cent of the country into natural parks, reserves and marine sanctuaries.

Isla Saona — a postcard-perfect tropical island — is part of a protected national park system that makes up a good chunk of the Caribbean coastline.

Tourists can visit the island with tour operators such as Nexus Tours for a day of snorkelling, swimming and sunbathing on miles of inhabited beaches.

Closer to Punta Cana, tourists can head to Samaná Bay — one of the first whale sanctuaries in the world — to spot humpback whales, or the Indigenous Eyes Ecological Preserve for a dip in a freshwater lagoon believed to hold medicinal properties.

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Now is the time to spring for a golf trip to San Diego

The South Course at the municipally-owned Torrey Pines is set on seaside bluffs. COURTESY JOANNE DIBONA, SANDIEGO.ORG

If golf isn't your thing, San Diego offers plenty of scenic hiking opportunities. COURTESY LISA FIELD/SANDIEGO.ORG

California. There are more than 90 courses here to swing your sticks, but that's not all this city offers

BRIAN KENDALL
canadiangolftraveller.com

For winter-weary Canadian golfers, a visit to San Diego is like a first glimpse of paradise.

California's most southerly metropolis offers abundant sunshine, idyllic year-round temperatures and is home to more than 90 golf courses in every imaginable setting—from oceanfront to desert to mountains.

Once an uninspiring Navy town, today's San Diego features a glittering skyline, world-class shopping and dining, and is recognized as an ideal family destination, with attractions such as SeaWorld, LEGOLAND and the USS Midway Museum.

Perhaps most impressive is Balboa Park, a verdant oasis in the heart of the city that is home to 15 museums and the renowned San Diego Zoo.

Golfers find themselves almost overwhelmed with choices. But at the top of any must-play list are the world-famous South and North Courses at municipally-owned Torrey Pines Golf Course.

Set on seaside bluffs just north of the tony suburb of La Jolla, the South Course was where Tiger Woods clinched an epic come-from-behind victory over Rocco Mediate in the 2008 U.S. Open. And looming over this spectacular setting is the Lodge at Torrey Pines, a popular resort where the golf theme extends to the Scottish kilts worn by the bellboys.

Almost as famous as Torrey Pines is Omni La Costa Resort and Spa, nestled in coastal foothills about a 25-minute drive north of downtown San Diego. The luxury resort's two recently renovated parkland-style layouts, Champions and Legends, have together hosted 37 PGA Tour events.

San Diego's golf roster runs the gamut from bare-bones municipal tracks to bucket-list courses with palatial clubhouses and sky-high green fees.

Unmatched in its elegance is Grand Del Mar resort, tucked in the scenic Sorrento Valley north of the city. The Mediterranean-inspired retreat includes Grand Del Mar Golf Club, a brilliant Tom Fazio design punctuated by dramatic shifts in elevation.

Another of Grand del Mar's headline attractions is Addison, one of California's premier fine dining restaurants. Golf reviewers also rave about Maderas Golf Club. Co-designers Johnny Miller and Robert Muir Graves artfully carved this upscale beauty into the mountains north of the city. Fortunately, memorable golf doesn't have to bust the budget in San Diego.

Just across soaring Coronado Bay Bridge from downtown is one of the state's most popular municipal courses. More than 100,000 rounds a year are played at Coronado Golf Course, an affordable jewel ($35 weekdays; $40 weekends) that winds past the iconic Hotel Del Coronado, where the Marilyn Monroe classic Some Like it Hot was filmed in the late 1950s. But even more unforgettable are the views of the San Diego skyline glittering in the California sunshine across the bay.

TRAVEL TO SAN DIEGO WAS PROVIDED BY THE SAN DIEGO TOURISM AUTHORITY.

Beyond the links

- **Balboa Park.** The largest urban cultural park in the U.S. offers meticulously maintained gardens, hiking trails and 15 museums, including the San Diego Air and Space Museum and the San Diego Natural History Museum. But Balboa Park's most popular attraction is the San Diego Zoo, home to more than 4,000 animals. The zoo's menagerie includes the largest population of giant pandas in the U.S.

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A family hike that's off the beaten path

Nepal. You don't have to scale Everest to enjoy the peaks of the Himalayas — here's a tamer adventure that's also kid-friendly

Dawn's golden light catches the tops of the snow-capped Himalayas and gradually creeps downward as the rising sun lights up a sweeping arc of soaring peaks, at once forbidding and starkly beautiful.

The stunning vista from the top of Poon Hill — at 3,193 metres, the highest point of a six-day trek in Nepal — is among many highlights of a Lord of the Rings-like adventure through lush forests, terraced fields and traditional villages nestled above plunging valleys.

Sometimes the going is tough — like hiking two hours up steep, stone steps. Other times, you can walk along gently undulating woodland paths.

Along the way, there are rewards: children who run to greet you (sometimes asking for money or candy), wildflowers beside the path, breathtaking views and cups of hot masala tea at pleasant little rest stops.

If you're looking for a family adventure that immerses you in nature, beauty and a fascinating culture — and you're willing to rough it some — consider trekking in Nepal.

Children love the experience, particularly the camaraderie with other trekkers from around the world in common rooms at the "tea houses," or simple lodges.

Children as young as eight or nine could handle the popular 65-kilometre Ghandruk-Ghorepani-Poon Hill loop, located just south of the Annapurna Range. Small children can be carried on the backs of porters.

You can hike four to six hours daily, depending on the trail's difficulty, usually reaching a destination by 3 p.m., allowing time to relax before supper.

Trekkers hike past a rustic guest house near Landruk, Nepal, as clouds shroud the top of Mt. Annapurna South.
THE ASSOCIATED PRESS

With good weather, this route will give you stunning views of a string of mountains, including Annapurna I (8,091 metres), 10th tallest in the world; Machapuchre, or "Fishtail," with its distinctively shaped peak; and the towering Dhaulagiri (8,172 metres), the world's seventh-tallest. Mount Everest, located 300 kilometres to the east, isn't visible on this loop.

The circuit starts and ends near the lakeside town of Pokhara, central Nepal's trekking hub. A guide can be hired through 3 Sisters Adventure Trekking, which specializes in training and employing women.

You can also hire a male porter to carry extra backpacks. Hiring guides is not only a way to get to know locals, it also offers them a valuable source of income.

Peak trekking season in October and November, when skies are clearest and temperatures hover between 15-25 degrees Celsius. You can hike in T-shirts and shorts (women's shorts should be knee-length out of respect for the local culture). But early mornings and evenings, when it can get as cold as 5 degrees and you will need fleeces and long pants.

April and May, also a good time to go, can be cloudier, but the rhododendron trees are in bloom. June, July and August are rainy.

Be prepared to rough it. Some tea houses offer hot showers but water supplies are often limited. Rooms run $3 to $5 a night and are spartan but clean. Blankets are available, but most trekkers bring sleeping bags, which can be rented or bought in Pokhara or Kathmandu at shops that sell everything you need, including knock-off brand fleeces and backpacks. Trekking poles, about $5 apiece, are recommended, especially when descending. Don't buy hiking shoes when you arrive; break those in at home.

The food is rather monotonous: Lots of dal bhat, or lentil stew with rice, plus curries, pastas and soups, and not much meat or fruit. Deep-fried "gurung bread" is quite good. You may want to bring canned tuna or meat, and energy bars.

As for that sunrise from Poon Hill: Wake at 5 a.m. and hike 45 minutes from the village of Ghorepani to see it, and share the experience with 300 to 400 other trekkers. Like the rest of the trip, the effort is well worth it. You get a panoramic view of both the Annapurna and Dhaulagiri ranges in all their majesty.
THE ASSOCIATED PRESS

If you go...

- **Getting there.** From Kathmandu, a fascinating city worth spending at least a day touring, head to Pokhara via Yeti Airlines or Buddha Air, or take a six-hour bus.
- **Trekking agencies.** Can arrange everything, including domestic travel in Nepal, lodging in Kathmandu and Pokhara, and packages that include trail lodging, food, guides, trekking permits, etc., but it's usually cheaper to make your own domestic hotel and travel reservations online. For the trek portion, you can pay a package price, or pay for lodging and meals as you go, and a guide by the day. Two recommended outfits:
- **3 Sisters Adventure Trekking.** Based in Pokhara, specializes in female guides, 3sistersadventuretrek.com
- **Moonlight Nepal Trekking and Adventure Tours.** Based in Kathmandu, allocates some profits to children's health care and education.
- **Visas.** Citizens of all countries except India require tourist visas, available at Kathmandu's airport or through Nepali embassies and consulates.

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Celebrate winter's last gasps with these activities

ON THE MOVE
Loren Christie
life@metronews.ca

Sick of the slopes? There are still ways to embrace the last few weeks of wintry weather that don't necessarily involve strapping on skis.

Perhaps one of the biggest trends in winter sports is snow biking, thanks to changes in bicycle technology — specifically, the exploding popularity of fat bikes.

Fat bikes can crush snow banks and float over powder in ways that traditional bikes can't. Outside Kelowna, B.C., the Silver Star Mountain Resort's Thursday Night Rides offer the opportunity for fat bikers to congregate on their two-wheeled steeds for a guided ride through Silver Star's snow-covered trees.

But if you really want to end winter with a bang, consider the Olympic Biathlon Experience at Manitoba's Falcon Trails Resort. With the help of skilled biathlon coaches, you will discover the rules and rhythms of this unique sport, which combines cross-country skiing and rifle shooting.

Voyageur Quest cabin, northwest corner of Algonquin Provincial Park.
PARKS CANADA

With a total of 26 provincial parks open this winter, Ontario is the perfect place for a weekend of winter camping. Eight have accommodation for rent, including cosy yurts, park rangers' cabins or even an off-the-grid log chalet with all sorts of extras like Canada Goose coats and snowshoes for your use.

If you are snowshoeing in Quebec's La Mauricie National Park, head to Solitaire Lake or Lac aux Chevaux and take the snow-tag challenge. Using a GPS or a compass, draw an ephemeral piece of art with your snowshoes by walking or running on frozen lakes, then retrace your steps to the nearest lookout where you can admire your work and snap a photo.

Bucket list

Bora Bora

Nothing can prepare you for the exotic beauty of the island of Bora Bora, French Polynesia's incredible showpiece. This paradise offers a true taste of isolated island life, influenced by some of the very best things France is known for — great food included. Over-water bungalows of the major hotel chains are worth the splurge, and provide the perfect spot to keep an eye on the beach, the lagoon, the ocean and your book — all at the same time. Go snorkelling right off your back step, book a tour to swim with the sharks or feed the sting rays. Island-hopping is encouraged: You can't come all this way and not experience authentic Huahine or the breathtaking inlets of Moorea. April to October is the best time to go.

TEXT: DOUG WALLACE
PHOTO: TIM STEWART

Trend

Irish whiskey tasting at JFK

Swinging through JFK Airport Terminal 5 between now and St. Patrick's Day? Keep an eye out for pop-up whiskey-tasting stands courtesy of Tullamore Dew Irish Whiskey, which is lauding the sights, sounds and tastes of Dublin. Bystanders can pick up any of the traditional Irish instruments on hand and join in the jam, not to mention the duty-free shopping.

TEXT: DOUG WALLACE
PHOTO: ISTOCK

Correction notice

An advertisement for Trillium College featuring a grammatical error was mistakenly published by Metro on Monday March 9, 2015. Metro regrets the error.

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Change bad habits to get ahead

Tips. When it comes to a stalled career, sometimes you can only blame yourself

LAUREN MARINIGH
TalentEgg.ca

Do you feel held back at work?

It's easy to blame competition or management when you hit a brick wall in your career.

But it's important to remember that there is always something you can be doing to change your situation — and the first step is recognizing what you might be doing (or not doing) that's stopping your career advancement.

Not speaking up

Speaking up when you have an idea or something to contribute shows your employer that you not only care about your job, but also the company you work for. Sharing your input is also a great opportunity to demonstrate to your employer that you are capable of much more than doing assigned tasks, which could lead to bigger and better opportunities within your workplace.

Not taking initiative

There is almost nothing more irritating to an employer than having to babysit one of their workers. They want to see what you are capable of — but if they're constantly on your back about what you are working on, they are not likely going to give you additional opportunities.

Taking initiative and getting stuff done before it is asked of you is a quality that employers look for in their employees. Be the type of employee that your boss doesn't have to worry about because you are always one step ahead.

Lacking positivity

No matter how efficient you are at your work or how intelligent you are, you'll have a difficult time advancing if you don't demonstrate that you enjoy the work. Employers will be hesitant to promote someone who doesn't seem passionate, especially since individuals in management positions are often expected to represent the company in a positive fashion to both their team and clients.

Climbing that corporate ladder takes more than just simply showing up to work every day. ISTOCK

Luckily, this is fairly easy to remedy. Smile and greet your colleagues on a daily basis. It may feel forced at first, but you'll find you'll adopt to your new habits soon enough!

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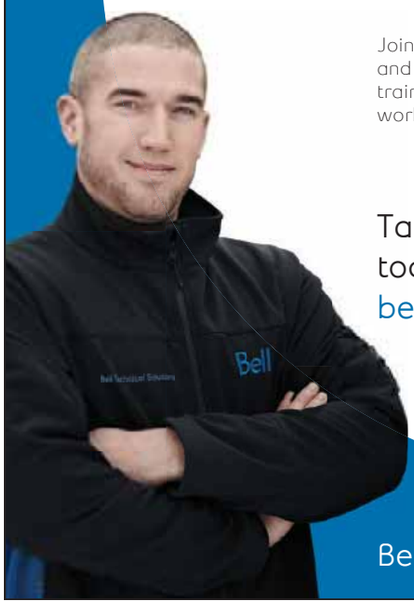

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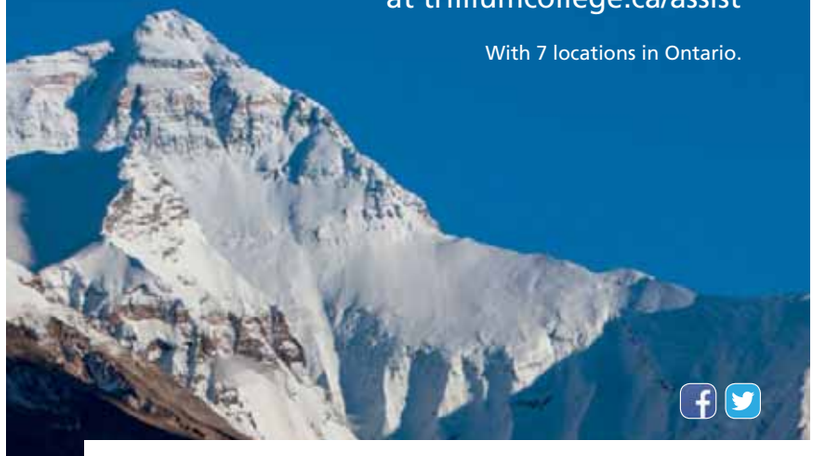

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Celebrating 20 Years

Breakfast or dessert.
Carrot Cake Waffles

Ingredients

For the ginger-raisin syrup
- 1 cup packed brown sugar
- 1/2 cup water
- 1/3 cup golden raisins
- 2 tbsp grated fresh ginger
- 1 tsp dry ground ginger

For the waffles
- 2 eggs
- 2 tbsp packed brown sugar
- 1/4 cup vegetable oil
- 8-oz can crushed pineapple (not drained)
- 1/2 cup toasted, chopped walnuts
- 1/2 cup packed grated carrot
- 1 cup buttermilk
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 4 tsp baking powder
- 1/4 tsp table salt
- 1 tsp cinnamon
- Butter, optional

1. To make the syrup, in a small saucepan over medium-high, combine the brown sugar, water, raisins and both the fresh grated and dry ground gingers. Bring to a simmer, stirring to combine, and heat until the sugar has dissolved. Remove the pan from the heat and set aside to steep.

2. Heat a waffle iron to medium-high. Heat the oven to 250 F.

3. In a medium bowl, whisk together the eggs, brown sugar, oil, pineapple, walnuts, carrot, buttermilk and vanilla. In a small bowl, whisk together the flour, baking powder, salt and cinnamon. Gently stir the dry ingredients into the liquid ingredients just until combined.

4. Spray the waffle iron with cooking spray and add 2/3 cup of batter, or an appropriate amount for your waffle iron. Cook as directed for your waffle iron, or until golden brown. Keep warm on a baking sheet in the oven while you cook the remaining waffles. Serve with butter, if desired, and the warm syrup.

THE ASSOCIATED PRESS

Spices add extra zip to soup

Dinner. This carrot and bean combination features a dash of curry and other flavours for added taste

DINNER EXPRESS
Emily Richards
food@metronews.ca

This zippy carrot-bean soup is perfect to make ahead and freeze for lunches or enjoy for dinner with your favourite whole grain crackers.

Ingredients
- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 5 large carrots, peeled and chopped (about 1 1/4 lb/575 g)
- 2 stalks celery, chopped
- 1 potato, peeled and chopped
- 2 tbsp (30 ml) tomato paste
- 2 tsp (10 ml) curry powder or paste
- 3 cups (750 ml) sodium-reduced vegetable broth
- 2 cups (500 ml) water
- 1 can (14 oz/398 ml) navy beans, drained and rinsed
- 3 tbsp (45 ml) chopped fresh cilantro
- Hot pepper sauce (optional)

Directions

1. In a soup pot, heat oil over medium heat and cook onion, garlic and ginger for 3 minutes or until softened. Stir in carrots, celery, potato, tomato paste and curry powder.

2. Pour in broth and water; bring to a boil. Reduce heat; cover and simmer for about 45 minutes or until carrots are very tender.

3. Using an immersion blender or ladle into blender, purée soup in batches until smooth. Stir in beans and cilantro and heat through. Serve in deep bowls and drizzle with hot sauce, if desired.

This Curry Carrot and Bean Soup recipe makes 7 1/2 cups (1.875 L) of soup.
EMILY RICHARDS

Effective March 1, 2015

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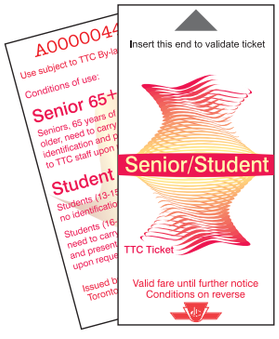

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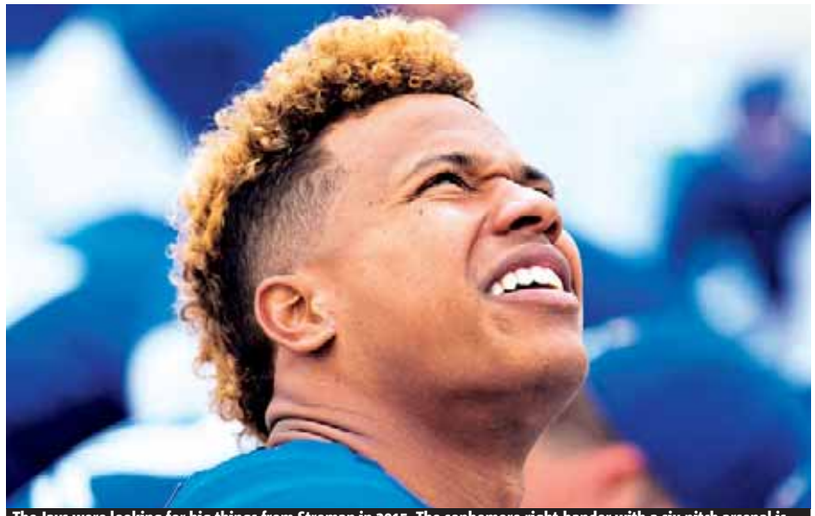
Jays struck again, as Stro' likely lost for '15

MLB spring training. Toronto right-hander with so much promise tears ACL while working on fielding drills



The Jays were looking for big things from Stroman in 2015. The sophomore right-hander with a six-pitch arsenal is likely out for the season after tearing the anterior cruciate ligament in his left knee. NATHAN DENETTE/THE CANADIAN PRESS

The Toronto Blue Jays suffered a body blow Tuesday with the news that young starter Marcus Stroman is expected to miss the entire season after tearing the anterior cruciate ligament in his left knee during a fielding drill.

General manager Alex Anthopoulos said the 23-year-old right-hander will seek a second opinion from Dr. James Andrews, and surgery is likely.

Anthopoulos said Stroman was participating in bunting practice when he was called off by third baseman Josh Donaldson. Stroman planted his feet to stop, then felt a pop in his knee.

An MRI confirmed the tear.

"Beyond devastated," Stroman tweeted. "Not being able to compete with my brothers each and every day is extremely disappointing. Still can't believe it."

It was the second significant training camp injury for the Jays. Canadian outfielder Michael Saunders tore the meniscus in his knee in a freak accident when he stepped into a sprinkler head indentation while shagging fly balls.

The prognosis was better than expected for Saunders after having 60 per cent of his meniscus removed. He could be ready for Opening Day.

Stroman is expected to take much longer to heal.

"It's one of those things," Anthopoulos said. "(It was) not expected and bad luck, I guess."

His injury leaves a void in the Jays rotation, which had looked to be R.A. Dickey, Mark Buehrle, Stroman, Drew Hutchison and a pitcher still to be determined.

And it may push the Jays into using Aaron Sanchez as a starter rather than closer. Other starting options are Daniel Norris and Marco Estrada, who were battling for the fifth spot in the rotation.

"No doubt to lose a guy like Stroman is a significant loss for us," Anthopoulos said. "But you move forward and it's going to be an opportunity for some of the other guys that are here."

Former Cy Young Award winner Johan Santana is a long shot to be in the mix. He is trying a comeback with the Jays, but has yet to prove he still has the goods.

Stroman, a 2012 first-round pick, appeared in 26 games for the Jays last season. He went 11-6 with a 3.65 earned-run average and 111 strikeouts in 130-2/3 innings.

With six pitches in his repertoire including a newly minted sinker, Stroman has plenty of weapons on the mound.

He was off to a good start this spring. Stroman had not given up an earned run in 4-1/3 innings over two preseason appearances.

THE CANADIAN PRESS

Quoted

"He's probably the best athlete on the team and is in as good of shape as anybody you're going to have. He's the last guy you would expect for that to happen."

Blue Jays GM Alex Anthopoulos on Marcus Stroman

NFL

Seahawks scoop up TE Graham

The Seattle Seahawks' search for a tight end has landed the two-time NFC champions Jimmy Graham.

The Seahawks and New Orleans Saints agreed to a trade Tuesday sending Graham to Seattle in exchange for veteran centre Max Unger, pending a physical and a first-round pick.

THE ASSOCIATED PRESS

Player of the week

MLS blesses Jozy's early brace

Toronto FC striker Jozy Altidore has won MLS player of the week honours for his two-goal performance Saturday in Vancouver against the Whitecaps.

Altidore scored on a combination Sebastian Giovinco before adding a second from the penalty spot. THE CANADIAN PRESS

NBA

"There is no doubt in my mind ... during my time, even if my time is short, there will be a Canadian playing for the Toronto Raptors, 100 per cent."

Raptors GM Masai Ujiri vows there will be a Canadian on the Raptors during his tenure in Toronto, and said he plans to hire a scout to focus on Canadian talent. He also hinted that the player he most covets is rookie sensation Andrew Wiggins from Vaughan. Ujiri was the keynote speaker at Monday's kick off to the Canadian university men's basketball championship this week at Ryerson.

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Humphries' golden selfie

Canadian gold medal-winning bobsledder Kaillie Humphries takes a selfie with the Lou Marsh Award trophy after it was presented to her by Toronto Star publisher John Cruickshank on Tuesday in Toronto. The Calgarian was named Canada's top athlete for 2014 in December after successfully defending her two-woman bobsled gold at last year's Sochi Olympics. TARA WALTON/TORSTAR NEWS SERVICE

Champions League

Real Madrid advances despite loss to Schalke

Klaas-Jan Huntelaar scored twice to give Schalke a thrilling 4-3 win at Real Madrid, but two headers by Cristiano Ronaldo helped the hosts advance to the quarter-finals 5-4 on aggregate in the Champions League on Tuesday.

Ronaldo's second score of the match was his 75th career Champions League goal. THE ASSOCIATED PRESS

Leafs rebuild in order despite controversy

THE HOCKEY NEWS
Adam Proteau
toronto@metronews.ca

The Maple Leafs seem to be encountering a new controversy every day — the latest being Nazem Kadri's tardiness for practice and subsequent scratching from the lineup Monday — but don't take that as an indication the franchise is tumbling out of control.

Now, Toronto fans shouldn't be engaging in high-five-athons after seeing their NHL team plummet out of a playoff position and land near the ground floor of the standings. But what's happening — the anger and frustration and anger and finger-pointing and anger — is the equivalent of a few remaining hot spots in a warehouse gutted by a massive fire. It's going to take more work before the site is completely extinguished, but the bulk of the blaze and the damage it wrought is already over.

Dave Nonis could be in his final weeks as Leafs GM. GETTY IMAGES

After firing head coach Randy Carlyle on Jan. 6, Leafs management openly challenged the core of the team to, in essence, play for their future in Toronto. Since then, the Buds have posted a 5-19-3 record and provided the starkest possible answer to president Brendan Shanahan and GM Dave Nonis: the core doesn't deserve to be built around. It is unable or unwilling to play a physically punishing, unselfish type of hockey necessary to run with bona-fide Stanley Cup contenders, such as the St. Louis Blues (whose 6-1 humbling of Toronto on Saturday was as thorough as you'll see in the NHL). It has neither the depth nor the prospect development of a Cup frontrunner.

Because Shanahan & Co. hold no illusions about the Leafs core, the dismantling that began with the trading of veterans Cody Franson, Mike Santorelli, David Clarkson and Daniel Winnik will kick into high gear at season's end. Management won't trade away all its current NHL assets without a decent return, but if both captain Dion Phaneuf and star winger Phil Kessel are still with the organization after the entry draft, many hockey-industry people will be shocked. Same goes for Tyler Bozak, Joffrey Lupul and Jake Gardiner. Not everyone has to go, but most do.

Toronto's housecleaning won't be limited to its roster — Nonis' days with the team are almost assuredly numbered, and the number is small — but once it ends, so will the day-to-day drama fans have been seeing of late.

This is still the Leafs' demolition phase, and demolitions always leave rubble to clean up before you can see clearly and begin building again.

PDO

99.8

The Leafs are tied for 14th overall in the NHL with a 99.8 PDO* rating (down from being tied for 13th at 99.8 last week). There are only eight teams whose PDO is worse than the Leafs'. The Montreal Canadiens grabbed top spot this week with an NHL-best PDO of 101.9. Arizona retains last place with a 96.8 PDO (up slightly from 96.6).

*Calculated by combining a team's shooting percentage with its save percentage at even strength

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See dealer for details. ◆◆$4,200 is a manufacturer to dealer delivery credit (tax exclusive) for 2015 GMC Terrain SLE-1 and is reflected in offers in this advertisement. Such credit is available only for cash purchase and by selecting lease or finance offers, consumers are foregoing such credit which will result in higher effective interest rates. Other cash credits available on most models. See dealer for details. ▼/◆/◆◆/***-Freight & PDI, ($1,695/$1,695/$1,650/$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Buick GMC Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ±2015 Sierra 1500 SLE Double Cab 4WD with GAT, MSRP with freight PDI & levies $45,419. 2015 Acadia AWD SLT-1, MSRP with freight PDI & levies $49,454. Dealers are free to set individual prices. ▲Warranty based on 6-years or 110,000 km, whichever comes first. Fully transferable. See dealer for conditions and limited warranty details. Excludes Medium Duty Trucks. **1**Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickups models delivered in Canada from March 3, 2015 – March 31, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $500 credit available on Chevrolet: Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; $750 credit available on other Chevrolet, Buick GMC vehicles (except Chevrolet: Colorado 2SA, Camaro 2ZB, Malibu LS, Silverado Light Duty and Heavy Duty, GMC: Canyon 2SA, Sierra Light Duty and Heavy Duty); $1,000 credit available on Cadillac vehicles (except 2015 Cadillac Escalade) and $1,000 on all Chevrolet Silverado's and GMC Sierra's. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. 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Credit is a manufacturer to consumer incentive (tax inclusive): $1,000 credit available on Chevrolet: Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; $1,500 credit available on other eligible Chevrolet, Buick, GMC and Cadillac vehicles (except Chevrolet: Colorado 2SA, Camaro 2ZB, Malibu LS, GMC Canyon 2SA and 2015 Cadillac Escalade). Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. 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Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement. OnStar acts as a link to existing emergency service providers. After the trial period (if applicable), an active OnStar service plan is required.

2015 Jeep Grand Cherokee

- **Type.** Four-door, five-passenger midsize SUV
- **Engines (hp).** 3.6-litre V6 (290), 5.7-litre V8 (360) 3.0-L V6 Diesel (240), 6.4-litre V8 (475)
- **Transmissions.** Eight-speed automatic
- **Price.** Base $40,495, as-tested $68,580 (excluding destination)

Market position

By putting the diesel into just the high-end trims, Jeep hopes to take on German brands such as Mercedes-Benz and BMW. This SUV does everything the competitors' vehicles do, but may face an uphill battle with buyers who prefer those traditional top-shelf nameplates.

Points

- The Grand Cherokee comes in five trim lines and choice of four engines, including a 475-hp V8 in the performance SRT model.
- The Overland name comes from Willys-Overland, one of the Jeep manufacturers during the Second World War.
- The diesel version can tow up to 3,265 kg (7,200 lbs.) and go up to 1,100 km on a tank of fuel.

Everything from a heated steering wheel to rear seat entertainment is available for the Jeep Grand Cherokee.

Interesting features

Standard 4x4, capless fuel fill, trailer sway control, and dual-zone climate control; available heated steering wheel, air suspension, dual sunroof, adaptive cruise control, rear-seat entertainment system.

Jeep's take on the premium SUV

JIL MCINTOSH
drive@metronews.ca

Review. The 2015 Jeep Grand Cherokee EcoDiesel holds up with top of the line features

PHOTOS: JIL MCINTOSH

Diesel has long been popular in Europe for luxury vehicles, but while it's still relatively rare in cars here, it's showing up more and more on premium SUVs, including the Jeep Grand Cherokee EcoDiesel.

These engines are all about torque (in the Grand Cherokee's case, 420 lb.-ft.) delivered almost right at the start for strong acceleration and solid mid-range power. They also offer relatively good fuel economy and long range with fewer fill-ups, although most are pricier than their gasoline siblings, as is their fuel these days as well.

The Grand Cherokee starts at $40,495 for a V6 gas engine, for example, and you can also get a gas V8. But in an effort to compete with the premium diesel-powered brands, Jeep is only offering the diesel in the top-line Overland and Summit models, where the engine option adds as much as $7,145 to the price. And while my Overland tester was already luxuriously equipped with such standard features as heated and ventilated leather seats, suede-style headliner, navigation system, and heated power-adjustable steering wheel, it also had add-on options including a rear-seat Blu-Ray entertainment system and such electronic safety features as adaptive cruise control and collision warning, which brought it to $68,580.

That's a lot of cash, but the company has learned a lot about interiors over the last few years, and I'd put this up against any of its premium-brand competitors. The materials are top-notch, it's all extremely comfortable, and almost everything's easy to use. The one misstep is an electronic shifter for the eight-speed automatic that's far too fiddly. This would be a great place for Chrysler's dial-style shifter unit.

An air suspension lowers for easy access or rises for off-road, and you can select optimal settings to handle snow, sand, or rock, along with four-wheel low gearing.

The ultimate irony is that few will actually take such a pricey truck into the tough stuff, but especially with this engine and its low-end power, owners will at least know they can.

Compare

1 Volkswagen Touareg Diesel
Base price: $53,975
VW remains among the diesel leaders, and the Touareg's version is smooth and great to drive.

2 BMW X5 xDrive35d
Base price: $67,000
Available three-row seating makes this diesel a premium alternative for larger families.

3 Porsche Cayenne Diesel
Base price: $71,300
Porsche's largest SUV remains its best-selling model among all the company's vehicles.

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Volkswagen's functional Passat family car may have taken top honour as car of the year at the annual Geneva Motor Show, but there's little doubt regarding what visitors come to see at this glitzy gathering: high-end supercars. And when doors opened to the public last week, there were plenty to gawk at, with unveilings by Ferrari, Lamborghini and Mercedes that turned heads and got cameras flashing.

THE ASSOCIATED PRESS

5 Must-see supercars from the Geneva International Motor Show

SANDRO CAMPARDO/KEYSTONE/THE ASSOCIATED PRESS

Ferrari 488 GTB

The legendary sports car maker from Maranello, Italy, is sure to draw crowds with its 488 GTB, which CEO Amadeo Felisa says is "not an evolution — it's a new car." Drawing on the company's long racing history, its newly designed turbo-charged V8 engine accelerates the two-seater from stop to 100 kilometres per hour in three seconds flat. Ferrari has even invented a new shade of its legendary red colour for the 488's paint job. Millions of tiny particles are suspended in the paint to give it extra glossiness.

LAURENT CIPRIANI/THE ASSOCIATED PRESS

Lamborghini Aventador LP 750-4 Superveloce

During a demo, the driver for the Superveloce (superfast, in Italian) made sure to gun the engine and show off the metallic music made by its mighty 750 horsepower engine. It has the classical Lamborghini design — low-slung, angular and lethal-looking with lots of expensive carbon-fibre materials. It can hit a top speed of 350 km/h and its powerful brakes can bring it to a stop in only 30 metres from 100 km/h. It's not environmentally-friendly, however — it puts out 375 grams of carbon dioxide per kilometre, compared with the fleet average limit of 130 grams, and consumes an average 16 litres of fuel per 100 kilometres, or 14.7 miles per gallon.

LAURENT CIPRIANI/THE ASSOCIATED PRESS

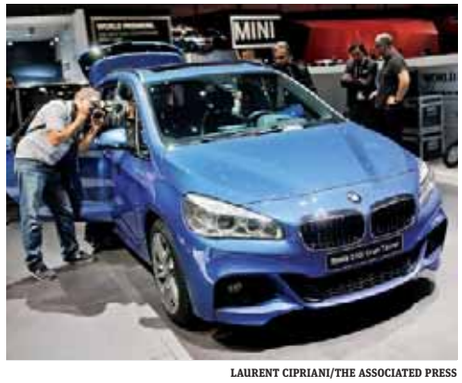
Audi R8

With a V10 engine capable of zero to 100 km/h in 3.2 seconds, and an aluminum and carbon fibre chassis shared with the Lamborghini Huracan, the new R8 weighs 50 kilograms less than its predecessor while being 40 per cent more stiff, Audi says. Style cues from Audi's TT roadster are present, but the muscular angles and scooped-out sides that scream supercar. European versions of the car will have optional laser-powered high beam headlights with cameras to help drivers see further. Audi is also introducing an electric version of the R8, with a battery pack capable reaching a range of 444 kilometres and matching Tesla's Model S in performance.

LAURENT CIPRIANI/THE ASSOCIATED PRESS

Mercedes-Maybach S-600 Pullman

With armour cladding as an option, the new Pullman is more than a metre longer than the next biggest Mercedes S-class. After noting that John Lennon owned an original Pullman which he modified by adding a state-of-the-art hi-fi system, Mercedes unveiled the massive limo beneath a video recording of the Fab Four performing Can't Buy Me Love — and at over $500,000, few in the crowd could contemplate buying the car, either. Four quilted leather reclining seats face each other in the limo's rear, with a champagne cooler in easy reach. A retractable glass partition can transform from transparent to opaque at the push of a button for more privacy.



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BMW 2-Series Gran Tourer

What's a minivan doing on this list? The new 2-Series Gran Tourer might not be a supercar, but it is a blinged-out people mover for "young active families," the Munich-based automaker says. Based on BMW's Active Tourer, the 'Gran' version adds more space as well as seating configurations. With rear seats folded into the floor and the middle row seats collapsed, storage space can be added or removed as needed — up to 67 cubic feet according to BMW. The $30,000 van aims to help BMW take on rivals such as Renault's Grand Scenic in a market category BMW hasn't traditionally competed in.

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Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

EV interest grows through cul-de-sac effect

Nissan CEO Carlos Ghosn notes in a post on LinkedIn that the Renault-Nissan Alliance recently sold its 200,000th zero-emissions car, a Nissan Leaf. Launched four years ago, the Leaf is "by far" the top-selling electric vehicle worldwide, he wrote, with sales up 20 per cent this year. In an article titled Zero-Emission Cars: Both Consumers and the Environment Win, Ghosn lists several reasons why electric-vehicle sales are expected to only get healthier. They are: convenient, economical, fun, reliable, and their buyers tend to become almost evangelical about their vehicle's virtues. The first Leaf owners in a neighbourhood share their enthusiasm with neighbours, friends and family, said Ghosn, "(and) sales grow as more people see and experience the benefits first-hand."

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

Nissan boss Carlos Ghosn says that the Leaf's increasing popularity is partially due to owners who like to tell other people about the electric vehicle.

Bolt might get a new name, will be sold all over North America

General Motors has onfirmed a Reuters news agency report that it will build and sell the Chevrolet Bolt electric car, with production expected to begin late next year, and sales soon after. GM North America president Alan Batey confirmed at the Chicago Auto Show in mid-February that the Bolt would be built at the Orion Assembly Plant, 50 kilometres north of Detroit, Mich. First shown in January at the Detroit Auto Show, the Bolt is a battery electric hatchback with a 320-kilometre range. GM CEO Mary Barra pegged its price at $37,500 US, before incentives. The production version of the Bolt Concept — a name change could be in the offing — will be offered in all 50 states and Canada.

With a range of 320 kilometres, the Bolt will be sold in all 50 U.S. states as well as Canada.

Shift points

- Toyota will triple production of its Mirai fuel-cell sedan next year, sparked by an unexpected glut of orders. It will increase production to 2,000 units next year — almost triple the 700 Mirais slated for this year.
- While sales of plug-in vehicles are up for 2014 by almost 30 per cent, California boasts the highest rate of electric vehicles purchased, with five in every 1,000 vehicles sold there using an outlet to charge batteries, says a U.S. Energy Information Administration report.
- Kansas City, Mo. is establishing an electric-car infrastructure. Kansas City Power and Light will install more than 1,000 of the charging sites.

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Too-quiet EVs pose pedestrian dangers

The U.S. National Highway Traffic Safety Administration (NHTSA) has again pushed back the date for a final ruling on the proposed noisemaker standards for near silent-running electric vehicles, under the Pedestrian Safety Enhancement Act that was signed into law in 2011. The delay effectively means that the new rule won't be implemented until 2018, reports Edmunds.com, a provider of automotive news and data. While drivers and passengers might enjoy the lack of noise that EVs make, it's been deemed a danger for pedestrians walking close to such vehicles. The lack of familiar engine sounds jeopardizes the safety of blind and visually impaired pedestrians, as well as bicyclists, runners, small children, the elderly "and anyone else who's on foot but not generally paying attention."

Japanese Kei cars prompt tiny truck and travel trailer combo

Called too cute for words by some in the automotive media, Honda recently showed a tiny pickup and camping-trailer concept at the Japanese Camping Show that elicited smiles from almost everyone who viewed it. The N-Truck and N-Camp travel trailer concept is based on the smaller-than-small Japanese mini-car class known as Kei cars, which is a highly competitive market that exists only in Japan; they are the only cars that can be bought in crowded Japanese cities without their buyers not having to first prove that they already have a dedicated parking space for it. Kei cars are limited in size, engine displacement and power; the Honda concept is based on its N-Box kei car.

This Honda car-camper combo uses a Kei class vehicle, which is the only vehicle class in Japan that doesn't require the owner to prove that they have a permanent place it park it.

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Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ‡Based on Canadian Vehicle Manufacturers' Association year-end 2007 - 2014 total sales data for utility segment vehicles in Canada. ˆBased on year-end 2014 HIS Inc. retail and fleet vehicle registrations data for Canada in the midsize segment. ¥Until March 31, 2015, receive $1,000/ $1,500/ $2,250/ $2,500/ $1,500 in Delivery Allowances with the purchase or lease of a new 2014 Focus S Automatic/ 2014 Focus Sedan (excluding S), Focus ST, Focus BEV / 2014 Focus Hatch (Excluding S, ST, and BEV) / 2014 Focus S Manual/ 2014 Focus SE Sedan which, for cash purchase customers only, is combinable with $1,500/ $1,500/ $1,500/ $0 in Non-Stackable Cash for total Manufacturer Rebates of $2,500/ $3,000/ $3,750/ $4,000/ $1,500. Offers are not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/V/Z/D/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives. 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Automakers ready to innovate with style

Autopilot. At the Geneva Motor Show, beauty and technology shared the spotlight

AUTO PILOT
Mike Goetz
drive@metronews.ca

The automotive industry is always interesting, but lately it's *more* interesting.

In fact, judging by what was on display at last week's show in Geneva, the industry is on fire.

On fire in a good way, of course, and maybe because the industry has to respond to a multitude of cultural and technical trends, and nothing stimulates creativity and performance like a challenge.

Some of the culture and technical challenges include self-driving vehicles, electric and fuel-cell propulsion, super-connected vehicles and infotainment systems, more urban living, having to compete globally in markets that were not historically predisposed to your brand's particular strengths, and, increasingly so, the spectre of the world's largest and most aggressive and technological-orientated companies — Google and Apple — considering respective moves onto the auto industry turf.

So much of the cool stuff that debuted at Geneva this year embraces some or all of those challenges. Here are three concepts worthy of your perusal, because they did it with such aplomb. All three are quite different but they look equally amazing, which bodes well for all of us who view cars as more than just transportation. In the future, we may be chauffeured in conveyances fuelled by antimatter and electronically leashed to some sort of highway network, but that doesn't mean they have to look like crap. The drive to look good seems pretty much entrenched.

The Lexus LF-SA combines a luxury vehicle with advanced infotainment technology. HANDOUT

Volkswagen Sport Coupe GTE
Sport Coupe GTE is a vision of a vehicle VW is contemplating to position above the current CC coupe, as one the brand's more premium offerings. It looks like a coupe, but has four doors and a tailgate. The GTE signifies "plug-in hybrid" in VW vernacular. VW said it has a top speed of 155 mph and returns 118 mpg. When drivers wear smart watches or the connected armband, the vehicle can select a route — exciting or gentle — to match your biometric data.

Lexus LF-SA Concept
The LF-SA is a vision of what Lexus might consider for customers who need a small, urban vehicle, but who still view driving as a luxury experience, and one they are unprepared to forgo. The tiny vehicle can seat four in a pinch, but the driver cockpit gets overwhelming priority. The driver's seat is fixed, with adjustable steering wheel and pedals, bringing the vehicle to the driver. The front passenger seat, however, slides, allowing access to the rear. The infotainment system includes a hologram-style digital display.

Bentley EXP 10 Speed 6
According to Bentley, the EXP 10 Speed 6 is not just a new sports car concept. It could be a future new model, and its styling — described as "lean, toned and precise" — could also influence future Bentley models.

The precision comes from 3D styling details, such as the iconic Bentley mesh grille, which is no longer flat on the EXP, but includes latticework of varying depths, only visible when viewed at an angle.

Quoted

In the future, we may be chauffeured in conveyances fuelled by antimatter and electronically leashed to some sort of highway network, but that doesn't mean they have to look like crap.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No matter how busy you are, find an outlet for your physical desires. Mars, your ruler, is so strong today that mental challenges won't be enough.

♉ Taurus
April 21 - May 21
There is someone you want to know better but can't think of an approach. What happens today will throw you together and before you know it you will be more than just friends.

♊ Gemini
May 22 - June 21
Make sure your ambitions are not too outrageous because if they are you may fall short of what you expect of yourself and your confidence will suffer.

♋ Cancer
June 22 - July 23
Your mind is a powerful tool and if you think positive thoughts today and for the rest of the week there is no doubt that positive things will occur.

♌ Leo
July 24 - Aug. 23
Someone who is as different to you as chalk is to cheese will make a big impression on you today, big enough perhaps to change your assumptions about certain kinds of people.

♍ Virgo
Aug. 24 - Sept. 23
Others will respond to you extremely well today — it's as if they are making a special effort to be nice to you. Take advantage of the situation by telling them what it is you need.

♎ Libra
Sept. 24 - Oct. 23
A relationship that has been going through a rocky phase needs to be dealt with once and for all. Cosmic activity in your opposite sign of Aries suggests it may be better to call it a day.

♏ Scorpio
Oct. 24 - Nov. 22
Don't let people's criticisms make you feel guilty because the planets indicate you've done nothing wrong. The reason they are having a go at you is because they envy your abilities.

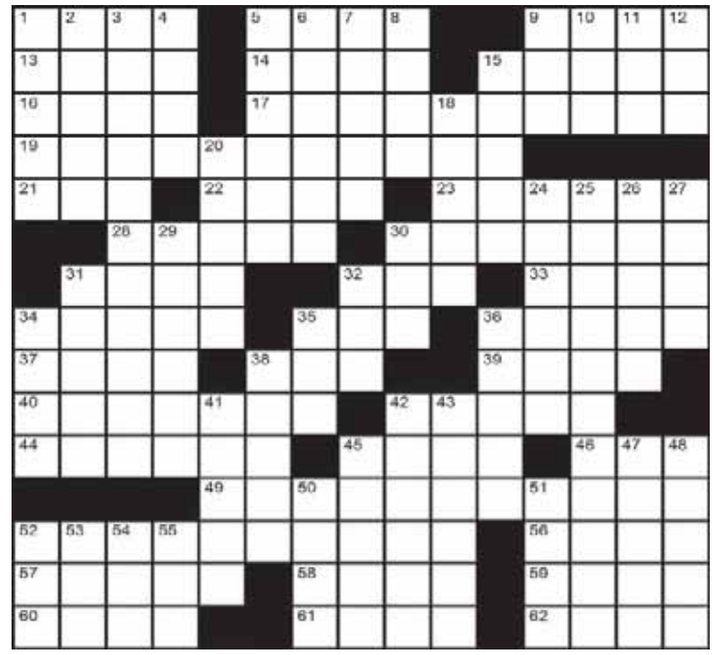
♐ Sagittarius
Nov. 23 - Dec. 21
There is good in everybody and if you find that hard to believe what happens by the end of the day will convince you.

♑ Capricorn
Dec. 22 - Jan. 20
There's no point getting involved in something you won't enjoy, so let those trying to persuade you to get involved know you're having none of it.

♒ Aquarius
Jan. 21 - Feb. 19
You can get almost anything you desire now. Your charm levels are such that few people will be able to deny you, no matter how outrageous some of your demands might be.

♓ Pisces
Feb. 20 - March 20
You don't lack for courage but the planets warn you could cross the line into recklessness. They also warn friends and finances won't go together over the next 24 hours.

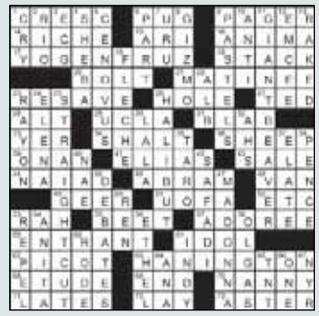
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Music Keys: F and A, e.g.
5. Robbie Robertson's "Hell's Half __"
9. Put cargo on board
13. Flu symptom
14. Tallow source
15. Ecum __, Nova Scotia
16. Zippo
17. Those who explore caves
19. Canada's largest national park, it's on the Alberta/NWT border: 2 wds.
21. Queen E.'s youngest
22. Ostrich-like birds
23. Tiredly walk
28. Gordon Lightfoot's "The Way _ __"
30. Adrian of "Entourage"
31. 'Seniors', shortened
32. "Oh, give __ _ home..."
33. Li'l legislators
34. Bakery item
35. Gamble
36. "___ __ out!" (Behave!)
37. Play _ __ (Participate in some tennis)
38. Useful souvenir
39. 'Import' suffix
40. Earth invader
42. Billy Bob Thornton series on FX Canada
44. Allocate
45. Art Deco designer
46. Canadian hwy. miles
49. Canada's Bread Basket... The Prairies sight: 2 wds.
52. "Waiting So Long" Vancouver band: 2 wds.
56. Almond hue
57. Victor Garber show
58. Artist sampled on Eminem's "Stan"
59. Air assault
60. Sci-Fi classic, "The __" (1958)
61. Actor Mr. Bean
62. Years: Spanish

Down
1. Paul McCartney's "__ __ Was Lonely"
2. Put in _ __ word (Recommend)
3. Those taking home trophies at this weekend's on-CTV-music-honouring show in Hamilton: 2 wds.
4. "The Bad __" (1956)
5. Acquire, as duties
6. Needing-sugar neighbour's request
7. Coral formations
8. "..._ __ tete, Alouette..."
9. Albanian currency
10. Deck symbol
11. Hard: French
12. British writer Mr. Forster, et al.
15. Bedroom buzzzzz...
18. 'U' of UHF
20. 'Wilde' tail (Gnu)
24. Hardly heralded like many a hero
25. Particular soda pop container: 3 wds.
26. Wishes granter
27. Formerly
29. Little Richard's "Tutti __"
30. Capture
31. Slugger Sammy's
32. "Family Guy" sister
34. Lady: Spanish
35. Veggie burger need
36. Baseball great Rod
38. Lord's house
41. "Fancy" rapper Ms. Azalea's
42. Actress Ms. Pinto
43. "News __ __" (Global News program in Toronto)
45. Oscar-winner Mr. Redmayne
47. "Extra" host Mr. Lopez
48. Earring choices
50. Chaps
51. Olympian queen
52. Concealer-applying amount
53. "__ get it!" (Telephone-ringing exclamation)
54. Macaw-starring 2011 animation
55. Bar bill

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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Yesterday's Sudoku

4	6	9	8	7	3	2	5	1
5	8	7	2	1	9	3	6	4
2	3	1	6	4	5	7	9	8
8	4	2	1	9	6	5	7	3
3	1	5	7	2	8	9	4	6
9	7	6	5	3	4	8	1	2
7	9	4	3	8	1	6	2	5
6	2	8	4	5	7	1	3	9
1	5	3	9	6	2	4	8	7

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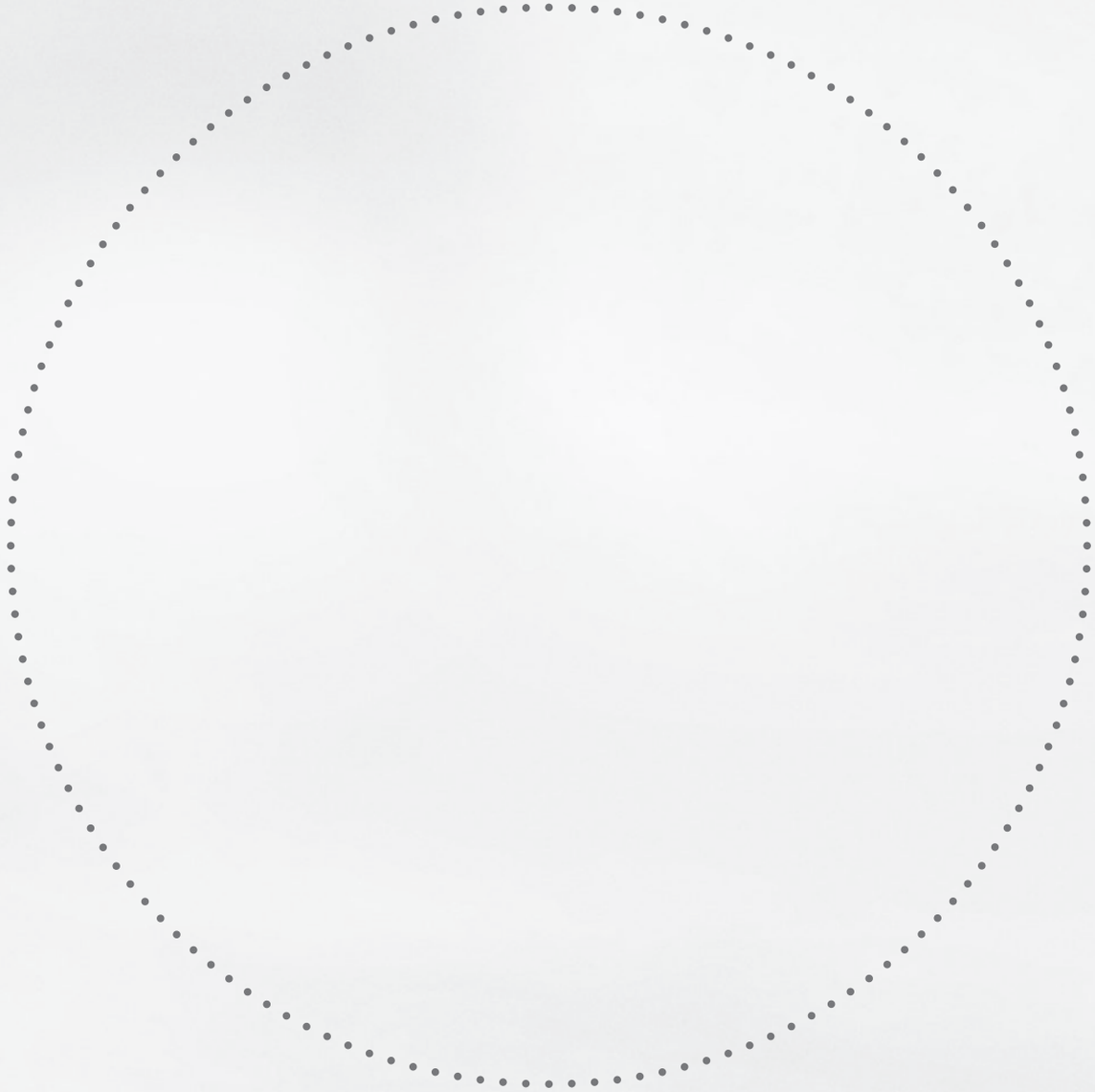

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